MORTAL

YOUTH

Unleash your power and overcome 25 mistakes that might ruin your life forever.

NUWE MWOROZI

MORTAL YOUTH
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DEDICATION.

I dedicate this book to my best friend, Natasha Namanya and to my, great companions Tumusiime Vincent and Nahurira Innocent.

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PREFACE

The aggregate efforts of recurring quitters are greater than champions'. Reckoning how torn up endeavors of my prior writings could give rise to an encyclopedia, came to be lightning that spark off my weakness and paved the way for my inspiration to write this book.

Dwelling in a society where youth are looked at as an epoch of making blunders and learning from them, I realized that some of the mistakes once made can ruin our lives forever. I agree that making some mistakes as part of life is absolutely normal and is a confirmation of trying something new. However, some mistakes become a lifetime regret once done.

Even if you don't say yes to what is good, never hesitate to shout out and scream a very big NO to what's bad. I chose to write bending more towards the side of that huge NO and what ruins our youth. I found out that there are twenty-five naked mistakes that every Young adult intending to formulate a future that glitters in and out, should never make.

Writing is like driving a car, alone, in the dark: the flashlights give you a nearby vision of a very small portion of the journey to be covered. Departing in the dark but hoping for morning light. I would have done a mistake and become selfish if I let this idea die in my head. The world never sees what we are dreaming about, we must turn the invisible dreams into realities.

INTRODUCTION

"The power of youth is the commonwealth for the entire world. The faces of young people are the faces of our past, our present and our future. No segment in the society can match with the power, idealism, enthusiasm and courage of the young people." Kailash Satyarthi.

If you gain consciousness about how your youth is mortal, you will never mistake it for immortality again. It is a hundred per cent true that our youth is very mortal. The entire life itself is mortal. Our childhood was mortal; this explains why we did not remain children forever. We cannot remain youth forever. Be conscious of your mortality to plan for immortality.

Since the victory of a delighted womb breakout, we have encompassed one to three tens of years, hundreds of days, thousands of hours, and millions of minutes. We were born vulnerable but thankfulness takes off to everyone who took part in our nature going, up to this recent valuable existence. Looked after from day one, assisted to mature, both physically and spiritually into the youthful and worthwhile beings. Our parents and other old-timers underwent this stage and can vouch for what it means to be a youth. A span where we experience challenges, ranging from self-created to what is beyond our custody, some coming to us while we as well explore some.

Struggling to have a soft life with no catastrophes attached never vanquish the nature of life. Life itself does not tolerate dozing on a bed of roses to wake up with a ripe jumble. Enhancement of the living styles and general ways of life help us to copy with the being. When a strong wind whirls in the forest, the "wise" trees bend to obey wind magnitude, the "foolish" strong and rigid ones stay disobedient for some time but finally are uprooted never to sprout again. Problems arising within have got their solutions already inside ourselves, these must be suppressed immediately. However, the challenges from the outside world are two-sided, ones possible to overcome and the impossible which are beyond our control.

We experience a period of happiness with others, or within us. Employing several means to stay joyful is what we strive to do, but turns into turmoil at times. We can't be happy at every moment of life. Happiness is limited to us by financial and emotional imbalances, not forgetting academic stress followed by employment dilemmas and various startups. Happiness is good for everyone, yes, it is, but impossible to remain happy forever, it is life!

Youth is a period of active bodies and minds, somewhat stable health conditions. Nothing bothers us, we do whatever we want to do with our life entities. Eating what is delicious, following our heart's desire and thinking about what we want, it's our life, not someone else's life.

Love! Love! Love! You can repeat this as much as you can. A dream to have a stable relationship is a mutual wish. How about getting the perfect person to love? This seems impossible, and indeed it is. "Minute relationships" are real. You might be tempted to say there is a crowded connection between a "relationship" and a "ship" that relates to people. The ship docks on different circumstances and locales depending on the setting. First, someone looks Queenie but the level of interest holds on as a determinant of the looks and perceptions. You're both more vested in your relationship because of the time and effort you've put into each other. You're physically intimate when it's right for both of you, and when you do, it is magical. While others give up, some wake up.

The youth period proves to be a learning academy and unlearning as well. Some learn what school forces, others do relish. We learn what is satisfactory for us and what may victimize us. We try to learn a little that helps us succeed.

The world motivates us, both generously and awfully motivations, they tell us everything is possible to push our energies forward, others give a different perspective but still, we remain determinants of our decisions. Through learning and being advised by friends, strangers, teachers, parents, and others. We are guided though at times misguided.

We seek simple ways of doing things, experience instant gratification, everything that goes beyond one year of hustling sounds disgusting. Our doings sometimes go against the nature of life. Life itself forces us again back to its course of action. We discover some of our hidden talents (but not all), find passion, chase our dreams, and give up upon the start;

Time seems to be abundant and we feel the world belonging to us, but not until it's too late to realize how irreversible time is. After awakening from the time-ignorant zone, people begin to seriously work on their destiny when they are literally already in their future. A few have a third eye activated and can see beyond their perishable youth, whereas some are limited to palms of their hands, but both categories belong to one locality i.e. youth which is a foundation for old age.

Sticky internet cannot be detached smoothly, full of endless opportunities but toxic also to some degree, us being pretending "social media stakeholders".

Still figuring out what exactly to do with life, constant falls and raises, it's the time to unleash your brain powers and mental energies, the two exciting dimensions are at their peak, ready to be put into their right and respective epochs. But a reminder! These resources are temporary, soon are becoming scarce. Once scarcity is reached, cannot be reversed, a chance will be out forever.

In an attempt to find straightforward paths or during the necessary life struggles, we blander a lot. Making a mistake is humane, consciously repeating it over again defines madness. Mistakes are either made consciously or subconsciously. Beginner mistakes are very effective regarding learning and attaining a certain level of experience.

However, there are mistakes you should never make in your entire life, the mistakes that once done stand a higher possibility of ruining your life forever, or the lesson comes in form of regret and this lesson will help you less, maybe testifying to others never to do what you messed up with. The wise avoid them. This book sights out twenty-five "naked" mistakes to be conscious of every day in order

never to make any one of them. I specifically wrote this book to help youths in the whole world design life of no regret.

Could you have encountered some of this category members? How do you know? After knowing, what should you do? Are you on the right track? How do you know and what to be aware of never to mess up with your life? The publication is already in your hands to give light to the above questions and enhance your life vision. You're still young not to give up on yourself, you're the only owner of your life, and others are never permanent. Focus on improving yourself towards designing and putting in practice the making of the future you desire.

"Life is short, youth is finite, and opportunities endless. Have you found the intersection of your passion and the potential for world-shaping positive impact? If you don't have a great idea of your own, there are plenty of great teams that need you - unknown startups and established teams in giant companies alike." - Justin Rosenstein.

FOREWORD

Teaspoonful of honey is sweeter than a Jerry can. One who loves and gives time to a single person discovers the hidden beauty and delicious soul of that person, one who hangs inconsistently with the entire community misses out on the unknown individual helpful and lasting reserves. I feel proud to see someone becoming a star but no wonder, the first time I met him; he resembled one. Today, as I write this foreword, I share words that I have always wished for and one time I thought I would have a considerable opportunity to write.

I first met Nuwe Mworozi way back in 2018, in high school. I shriek this connection with him as a tiny piece of hot charcoal that ended up roasting tons of meat to feed my enthusiastic world. We met as strangers but he didn't seem bizarre to me. I couldn't find his true colors, but, as time went on, we became very close friends and I began to see a lot of insights hidden in this young colleague, too hidden to be seen by the mere bypassing.

One of my spotting was when I visited him in the year 2020. I found him jotting down small pieces of work, through which he was explaining "little-big" concepts on how a minute human feels immense on a small planet hidden in the corner of the universe. We had an extensive dialogue through which he shared a lot but what got pinned into my recollection was his unique perceptions towards life. I asked what he meant in his writings but cut his tongue short.

Then he asked me, *"Innocent, what do you think a youth mistakenly does and ruins his/her future and the family's?"* This was not Nuwe's first time asking me such a question, the first time he asked, I got entangled in free answer zone, and I could not answer such a hard question. He added, *"What hurts me most is seeing my fellow youths messing up in cases where they are not supposed to, my goal is to try my level best and find something closer to a solution for that."*

As a man of his logical questions, he did not stop when I failed to answer. Again, he asked, *"What do you think a person can do to attain the unshakable bright future?"* This was a question I had all

along carried its answer and I did not hesitate to answer. All I knew and a thing I grew up in mind with, just like the majority of you, was that; For a man to be successful, he must commit himself to hard work and be patient in whatever life circumstances.

I expected Nuwe's answer to match exactly mine but the rain never fell from the darker clouds. *"This has been a motivation, over the centuries and it is still applicable but one thing I must say, what I have observed; for hard work to yield success, it must be applied in the line of that person's ability and patience should never be confused with wasting time waiting for what is not even on the way coming."*

For sure, it was a long talk and learned a lot that since then opened various dimensions of my elements of life, which you will find in this book.

When we talk of human negligence, ill perceptions and short-term vision, I stand on two feet and testify that *"I have never seen or heard Nuwe Mworozi mentioned in such aspects."*

I mean it when I say that; Nuwe qualifies to write about youth mistakes and how they can be overcome within a safe time before they ruin our lives. He is a living example against these worst twenty-five mistakes and he has always avoided them.

I encourage you to take a big step and read this book, you won't regret your time!

By the end of this book, light that has been hidden to many will be revealed to you.

Nahurira Innocent.
A student (2021)
Mahatma Gandhi University, Kottayam, India

PROLOGUE

"If one has made a mistake, and fails to correct it, one has made a greater mistake." Plato

MISTAKE ONE:

QUICK QUITTING

"Many of life's failures are people who didn't realize how close they were to success when they gave up". Thomas Edison

Raising and falling often nourishes and encourages one's spirit of success to taste the sweetness of the little raise. Because life is full of struggles, man is ever seeking for what's simple and less time-consuming, but this route never takes anyone to instant achievements.

And so, whenever things turn upside down, quitting comes first and intrudes our minds. Quitting a little work already started with your efforts means those efforts have been wasted. Starting and quitting too often wastes a lot of resources and create self-sabotage; finally, in total, you realize that one who persisted, succeeded with less effort than many quitted workings. How about when quitting that tiresome work seems to be the only option left with you? A mind that's never interested in giving up constantly motivates the helpless body into continuity, to keep the spirit high, turning the possible that appears impossible possible and whirls it into a reality; here success is said to have rained in the hands of tough breadwinners.

The power of leaving what you have already initiated may be enormous enough to let your expectations diminish and partition, but always remind yourself of the sweetness of your success.

Some people are fond of giving up easily even on what's possible for them to achieve, quickly exit what has already been started by themselves. Would it be because they get something better and simpler for them to do?

At times halting is necessary but as a determined person aspiring to cultivate a colorful prospect, giving up easily never should even be thought of, you should always start on something you love and have an interest in, regarding the line of your ability and resources. Don't opt for what you think is simple and kick off what turned out to be kind of hectic along the way, the simple you're opting

for now will also turn out to be harder tomorrow and above that time keeps on rolling on your life.

As a deduced person, it's wiser to think beyond what you see with a naked eye and know that many people on this planet face similar problems, but different approaches paint them with different colors; most successful people you see had challenges during the start even beyond what you're facing but their consistency in work and a perpetual reminder of a sweet success couldn't let them give up; they were able to swim through those ocean waves up to a land site of light in life.

"Nothing happens if nothing happens", don't expect prosperity in the future unless you're doing something productive today. Just by taking a throwback tour to what you did yesterday and its benefits now gives you ample evidence about how our lives at present shape future success.

The beginning is always challenging but getting prepared before you start sets you into a natural flow state, a state of positivity not pulls; encourages you to look ahead, and you will see success. Better keep optimism high in you as you do that a man was meant to do provided he wants to acquire a living.

Our lives begin to dissociate the moment we neglect our means of survival through work. Therefore, to live means to work, and in return to work matters most when you do what lies within your passion not according to external world influence. Remember, true success is what comes out of your hard work; otherwise, the outside world will never throw success at you.

Working consistently keeps your doors of success open and giving up shuts them down on the other hand not only in present but also further in the future and more even to your children. The person with an "easily give up" toxic personality is always on the edge of failure, just telling yourself to quit when there's a mere minor challenge immediately exposes you more to failure. Failure always looks for a lazy person but someone who's ever eagerly hard-working consistently experiences opportunities day after day. You might have been working harder but still, you don't see more opportunities

coming, this is a false perception, as long as you constantly work on your goals and dreams every day, is enough to be sure that more opportunities are already coming but just still too small for you to perceive. This is why pressing on and on finally visualizes them to you.

So, we don't deserve to cease whatever we have already turned on because it's getting hard. After all, the precious future belongs only to those who are committed to their work now. Therefore, giving up on present work means giving up on your future, and giving up on your destiny may result in suffering while still alive.

Success is sweeter when you sweat for it, it's during these times where it's possible to go in the far depths.

Main points from this part:

- Whenever you're about to give up, remind yourself how great success is and this will fuel you up again.
- Giving up on what you have already got underway means all your time and energy invested have been wasted.
- Do what you love, that's when you will remain motivated till the end.
- Our future depends on what we are doing in the present. Therefore, giving up on present work is synonymous with giving up on the future.
- The outside world never throws success to us; true success comes from our sweat.
- Giving up closes our door for opportunities, pressing on keeps them open.

"Adhere to your purpose and you will soon feel as well as you ever did. On the contrary, if you falter, and give up, you will lose the power of keeping a resolution and will regret it all your life" Abraham Lincoln.

MISTAKE TWO:

NOT PAYING ATTENTION TO YOUR HEALTH

"It is health that is wealth and not pieces of gold and silver" Mahatma Gandhi.

Health is wealth, an old saying remains a fashionable ton of wisdom in the modern generation. We may lose wealth but once we lose health, life becomes more meaningless. What can a person do without a state of well-being, both physically and mentally? Short answer: Nothing.

Better health is one of the most crucial determinants of someone's quality of life, a healthy body is usually chaperoned with a robust mind. Therefore, both the mind and the body are too related, a change in one's health state induces a significant variation in the other.

Our health deterioration doesn't come in one day, it is simply a consequence of the sequential treatments we offer to ourselves, in terms of diet, exercise, and daily cognitive facets. Meaning that failure to direct our intuitions in the right lane may generate hazardous occurrences in the long run. Our youth should be a basis for building our stable wealth which equates to health, by keeping away from health threats, discarding off all health risking factors like denying yourself appropriate sleep, putting up with alcohol, smoking, etc.

All that you do now will have an impact on your life hereafter. What you take into your body either builds it or destroys it and this doesn't only strictly clarify the diet but also other related aspects. Imagine about 15 years or more from now, experiencing terrible health problems resulting from your carelessness during the young ages of short-term excitement full of "I don't care" excuses, it's a sad regret that won't be reversed then but only possible now. You have a lot waiting for you tomorrow that needs you to be healthy.

Working harder to meet the costly treatment of self-created health issues should never be a sad story for you to tell people in the future. If you want to appreciate how your body and what you take in

are similar, ask yourself what your body could be made of apart from the well-arranged tiny chemicals obtained from the food you eat.

We shouldn't eat food because it's what the heart desires, instead we should eat what the body essentially needs; the sweetness of food lasts for a minute time in the mouth but once in the body, the effects are long term, whether positive or negative but the latter may outshine beyond how we may think while enjoying the meal. So, always give your body what it needs to build itself and make you an everyday joyful being; The analogy of hidden irrationality of the sweetness of food applies to having unprotected sex for not even more than 30 minutes but suffer consequences forever, here, emotional intelligence plays a pivotal and an important role in regard with our self-control.

Sex that created you can destroy you in turn as well, therefore opting for safer sexual intercourse reduces your chances of health threats tomorrow.

As we grow up, our bodies become weaker but the rate should never be accelerated by our careless whispering to false habits. Instead, we should try to support our bodies to remain strong by responding to them with what they need to nourish and flourish.

We must practice sympathy and constantly feel tenderness more for our mental state of health, this is what drives our day-to-day body activities. Endeavour to take care of a mind because that's where the basis of our victory lodges; keeping up it in a normal state exposes you more to an instant state of rationality and elegant flow of customary movements.

On the other hand, stress is among the most destructive things that may break your mind down and later the body as well. Thus, avoiding all the avoidable highways of stress gives you an upper hand for prosperity. A strong and healthy mind was a key characteristic of successful people during their early years, years you are in now.

Main points from this part:

- Be mindful about what you eat because it either builds you or smashes you down.
- We shouldn't quicken the rate at which our bodies become weaker as we age, but we should rather endeavor to look after them as much as we can.
- Take care mostly of the cognitive health every day, it's what influences who we become.
- Diseases are expensive to treat, so, avoiding them where possible is worth wealth.
- We become what our bodies and psyches consume every day. Feed them well daily for you to become well every day.
- Everything good we experience in life begins with good health.
- Without good health, life is not life, it's just an attempt to avoid death by striving to keep alive while suffering.
- Self-created health problems are among the great regrets a person ever suffers.
- Mostly, our lives were initiated that very moment when two people had sex. And, we should be careful not to be destroyed by the sex that created us.

"The doctor of the future will give no medicine but will instruct his patients in the care of the human frame, in diet, and the cause and prevention of disease." Thomas Edison

MISTAKE THREE:

RUSHING WITHOUT THINKING

"It is one thing to understand the merits and the values of facts, another thing to know the precise moment for action, and still another to curb impulses and to proceed instead of rushing, toward what is to be done" Seneca

For most things to be stable in nature, they must stand to follow a designated path. A path that fits nature of movement and direction. This has been an evolutionary part of millions of species and Celestial (known and unknown) and any deviation from this path indeed creates an outline bending.

I want us to look deeper into our nature, explore some of the life experiences we have had and ask ourselves which moments seemed to be engaged in on basis of reason and how the climax consequences were like. Similarly, reflect on the nasty repentant circumstances experienced as well, you're most likely to realize that things you did while in your normal state of progression, things under your normal state of balance in both mind and body; tended more to a zone of awareness unlike when you were in a rush.

Maybe to bring a ball to the ground, let's first have an insightful walkthrough of this short worse but more meaningful story of a young promising, and brilliant ambitious young boy Nick Johnmark and a manipulator Steve Laxon: Nick who had been a social media addict with a painted experience of more than 3 years once received a message reading "Hello, am Steve Laxon, working with a private marine company as a Marine pilot. Could I Know you please? Thank you for your response". The innocent Nick at first hesitated but then, later on, replied, "Hello, nice to hear from you Sir but first I would wish to know where you're". It was after 3 days, Nick had lost hope of the reply and then he received a sugar-coated reply from his Steve "hello my dear before I say anything, I must begin by apologizing for

the late reply due to some unavoidable circumstances, hope you're doing well.

Back more to your reply, I may not tell you my exact location since I'm as well part of the intelligence committee in the company, so it's illegal to disclose to you such stuff, but anyway, just feel free to share with me everything about you. Am a trustworthy man and according to your profile picture that's if it's yours, you look to be young but don't feel too small to share with me. You never know something in your bulks of life might significantly change, feel free to share please ". Nick replied with an extraordinary spirit, " It's been long but it's a wonderful pleasure that you're back and I respect all that you have said, I believe it's now my turn". "Go on", Steve Laxon replied.

"Okay, to begin with. Am a 26-year-old medical University student, I am from Africa, I love studying and I'm a very determined student who would want to push my dreams to come true when given a chance which I don't even think I shall get in my life" replied was Nick.

"Ohhhhh.... my God, what a tremendous chance this is! For sure, for the first time out of more than 6 months of test searching for a young man to help, finally, a chance knocks on your door, hope you will open because this will, in turn, open the other volumes of your vitality as well. But I hear that education fees in Africa are hard to archive.

How true is that? And I would want to know if you're on any scholarship or not and I see whether to proceed with this blessing to your doorway or continue and forward it to someone else. However, I might not give feedback to your reply today but I will tomorrow, nice time Nick, I wish you well" - Steve Laxon added. "Yeah, it's true that education fees are completely a struggle but my parents work day and night to push me up" Nick replied.

"Okay, lucky you to be blessed with such concerned parents. Me, at age 19 I was released by my parents as an old person, never to depend on them anymore and this was a period I had just stepped out of college with a mere certificate in social engineering.

But I got what I may even call a god, a person that gave me a scholarship till all my dreams became an existence. So, I inherited that spirit from such a merciful person to always help someone in the same category as I had been in more than 25 years ago. Don't worry when you see me asking to support you in your academics, just know from today and onwards I will be like your father, and always ask for anything you need concerning your welfare.

I request that you forward your parents' bank account details more especially the passwords, it will even become best if you forward such information of all people in great connection with you. I am your father now; you don't have to worry about anything my child please! I have been a parent to many children that you share a category with and if you still doubt am sending you this link, you can check for yourself added to my family.

And by the way, you're even free to chat with my children there. But please don't forget to forward those details as required, forward or miss the opportunity, but why should you miss such an opportunity that transformed my life personally. Nick, have a precious time and I wish you so well. Success."

This was Steve the manipulator's message that threw Nick into a thorny trench and got him wounds he couldn't heal because of him rushing stupidly. Nick didn't even spend two days to rethink what could be the hidden positive or negative intentions of this thug. But all that Nick did within two days was convincing his parents, with a lot of lies playing a bigger chunk of the conversation.

What followed is too enormous but, in a nutshell, Nick succeeded in getting his mother's bank account details as asked by Steve, on the other hand, Nick was already on his country's government scholarship though he lied to Steve. Nick's mother was a medical assistant at one of the biggest regional referral hospitals in the country while his father was an illiterate hands-on worker in downtown, relying on his wife's finances to support the family.

After Nick's false success in forwarding all the details to Steve, the next time he logged in to check his chat with Steve, "chat blocked! Sorry, you’re no longer able to chat with Steve". (Nick's mum never

had a hint about what was exactly going on, on her son's side). This was the last nail in the family coffin, all the accounts, both Nick's and Mum's were hacked and all the money from the scholarship and Mum's government salary were redirected on to another account, somewhere they couldn't easily understand until Nick's mum after a long time of scratching her head, she realized a time when she gave her bank account details to the son.

What went on next makes an encyclopedia, so we conclude how Nick ended up losing his already handheld education opportunity and bitter to mum's financial assets thus breaking down the entire family into pieces. To add on a little more, Nick had three brothers and one sister, all of them their studies came to a standstill since all the saved money on mum's account was swept.

You see in life, in your life and my life, most things meant for us come at the right time they are supposed to, we already possess a few of them but our thinking shapes how long we should contain them or when to realize that we do possess them. In the normal state, it's only when our thinking tends more to rationality. If Nick had managed to give himself enough time to gain a normal state, I am sure he would have made a rational decision earlier and be off with Steve.

"When you rush you crush", a common saying is an insightful way to remind us of thinking invariably before we confront any action. The manipulators shall always take an advantage of those who rush without thinking. Thinking creates a conducive environment within your mind to distinguish the negative and positive consequences that could result from doing something. In this way, slowing down all your emotions and excitement until you become a real you make you think safer and realize the things you should avoid or things you should go on and do in your life.

As a youth, ability to realize the world we're living in, full of masters of persuasion and deception that have always wanted to take an advantage of us rushing without thinking. I must repeat this because it's very important, to gain rational thinking, we must not include emotions during our decision-making as this is when we're most likely to mess up. Here, it becomes wiser not to do anything

without first thinking right. Don't rush into things because of how they have presented their first sight to you, salt looks like sugar and ethanol resembles water but tastes are different. We might come across a lot of things coated with holy linen when inside they're purely devilish. We should be able to first refresh ourselves and that's when we can see through that fake coat and stay away without any damages. Another criterion to employ here is removing yourself from the situation and analyze it just like you're not part of it, this gives you a clear angle of view and clear resolutions.

To know this, is crucial; the outlooks of someone or something that attracts many, have nothing to do with the inner reality. The outlooks are just like a mere shadow. That's why thinking and analyzing begins by relieving to you the outlines of reality thus diminishing off the shadow. Thinking in advance tells you rightly when, how, and where to move. But if you give in without thinking, you will at some point be forced to stop and think, there's a possibility of already being late like Nick.

More to this, practicing self-control, gaining power over your emotions gives you more light on looking inside and outside yourself. We may rush for a minute but suffer consequences for a decade. I know we can think right before doing anything, so let's utilize this ability to our today's and future life take on moves.

Main points from this part:

- Endeavor to think about what could be the outcome before you do something.
- We shouldn't make decisions when we're excited or emotionally driven, these decisions are not based on logic and might turn out to be hurtful.
- What we see with physical eyes or what we hear with our ears in most cases might not reflect the inner reality of somebody or something. There's more beyond that can only be realized after thinking.

- While you'll feel the force behind you pushing to charge forward, it's often a quiet step back that will show you where you are and what you completely seek.

"Never rush something that you want to last a long time. Give it time and appreciate the journey" Anonymous.

MISTAKE FOUR:

BEING USED BY OTHER PEOPLE

"A person is not mistaken alone when deceived, he spreads his delusion among others as well" Unknown

It is so sad that we are living in a world of capitalism where money has become the order of the day. Almost everyone hunts for a coin no matter by which process, either a fair one or by exploitation of others. However, being used by other people should not be confused with being employed; here we mean someone taking advantage of the other to develop himself or herself but at expense of lowering the used person down, even at more down too deep to rise again at the appropriate time.

I almost shed off a basin of tears when I see the most targeted group being youth, sadder to my dear sisters. In my country, I have always witnessed politicians using my fellows at expense of getting an admirable vote during the campaign but then after even not more than 2 months, you see the used who were over flattered in their powerless motives turning back to the ground with entirely nothing. So sad, it is also among some old people. This is not being against the usual modes of the campaign but helping an innocent fellow to realize the dignity and power he or she holds.

Another scenario is the emergency of these holy-coated churches that are devilish inside. I may not talk so much about this but a simple and helpful take home is to be careful with these countless day-to-day emerging churches. They shouldn't target you and you also fall into the trap. That's why it's wiser to realize that moving from your church due to the mere influence of yesterday's church has almost nothing to do with the nature of your God, stick to your God, not to these common fake pastors. Note that this is not an attack on pastors, everyone can easily see the merits of good churches and leaders. It's under the feet of the good ones that rise those interested in attaining a living through manipulation and borrowing others as their objects.

Don't trust a god that has been a devil yesterday. Know your God, know yourself and your relationship with Him. When a person is already standing amidst a big lake, it might be too difficult for that person to differentiate whether it's a lake or an ocean.

We have been frequently victimized, then used and dumped. The cue to this is having a sense of humor and practicing self-control. Resist a move to where the storming whacks, say no to ill things. It's during times when you're about to build someone's future instead of yours that keeps you recalled. We all have a bright future to not only protect now but also build, it belongs to us not these people using us or about to take advantage of us.

Let's be careful about the chance we already have not to surrender it to others, it’s very much heartbreaking to see someone prospering by utilizing your efforts that you didn't reserve for yourself. Imagine lowering yourself by helping the other grow higher and higher but you are not growing. Nobody deserves to use us before we use ourselves. Our energy is enough to amplify us to even far more than those people we're admiring to the extent of foolishly losing our dice.

The more we give ourselves to others to be used (either knowingly or unknowingly), the more we shall regret. Let's not wait until it's already late for us to change a steer. It begins now and with you. No one has an authority about what goes on inside us, it's our extreme authority to reject and discard anything that puts our lives at a future threat. Don't forget that youthful period appears once and once it's gone, for sure no way you can recover it. That's why it becomes more Vital to manage your massive energies to develop yourself first, not others. Your achievement depends on what you do to evolve yourself by looking inside you not into other people.

Main points from this part:

- Nobody has authority over what goes on inside us. Therefore, it's always our rights to decide what's good for us not going by others' influence.
- By using yourself, others don't excavate any access to use you to their advantage.
- Nobody should use you before you use yourself.
- Our life is limited, let’s focusing on improving ourselves to meet the success of our own never disappoints.
- Nothing hurts like seeing someone growing out of your sweat and you retarding due to surrendering your use rights.
- Have a plan to follow, follow it, and stick to it. I can assure you; you won't get retardant time to be used by others.

"Do not allow yourself to be taken for granted. The moment manipulative people realize you give in easily; they will use your good nature as a weakness to exploit you. Initially, you will find yourself doing a favor, and before you realize it you will be constantly taken advantage of." - Anonymous

MISTAKE FIVE:

STICKING TO A WRONG RELATIONSHIP

"Bad relationships are like a bad investment. No matter how much effort you put into it you will never get anything out of it. Find someone worth investing in." Anonymous.

Romantic Love! Romantic Love! Romantic Love! Some call it a basic need, a luxury, stressor, expenditure, happiness, and sadness, time-wasting, just to mention a few. I know most youth know better in this field. Struggle to look for a right and perfect love seems closer to a region of impossibilities but we try to. Some have been heartbroken several times to the extent that just a mere heartbreak is nowadays a normal thing.

Those who haven't been heartbroken are believed not to have put their needs on the test yet. This reminds me of the funniest friend of mine who told me how he was tired of relation-"ships" that carry many people, he jokingly added that he was to soon opt for relation-"bikes" that carry a single person. Hahaha... Okay, that sounds pretty cool to the side of love comedians but back to a serious matter, we all know how the probability of getting a soulmate tends to shrink upon our rise to look for one. There are people out there whose nature inclines closer to ours but because the world is immense, it becomes too hard to trace them.

No need to know your relationship status now but I can throw away random possibilities that one of them will get you in a trap. Here, chances are, you're currently in a relationship (stable or fragile) or you're not, and lastly, you're maybe still confused. Some who are already engaged admire singles, a status they once despised.

Love is just confusing, once you get emotions for others, everything about them changes even concerning physical appearance. On the other hand, a break-up smears mad on all that seemed smart, remember all these changes are just perceived by one-person i.e. the interested. The reality is that falling in love with someone has almost

nothing to do with a change of their looks and personalities, it only happens to one person but the outside sees your fall in as a normal occurrence.

Just because everyone has got unique impressions, we can't know what our loved ones think of or for us, and additional to that little we call more that we know about them is nothing else but what they choose we should know about them. If the relationship is true, the two choose sharing truth with one another but if it's a staggering one, one or both are always parallel.

Therefore, sticking to a wrong relationship both knowingly and unknowingly is regarded as a great mistake that ruins your side of goodness in life. It becomes more foolish when you knowingly stick more and more to the wrong person just for money, hangouts, sex, name them.

Most relationships that break in a blink of an eye are not based on mutual understanding of one another and goal sharing. It stings to find that most relationships not based on these. A liaison based on short-term benefits is considered a wrong rely on because it won't last long, it's like a tent whose foundation is at the top ground surface; soon it will be thrown away by the wind of even the smallest magnitude. But a connection based on shared characters and agreed future goal intersections is stable; whenever there's a sign of emerging smoke, the two easily realize how hard it is to destroy fire compared to smoke, and hence solve their issues earlier owing to their consciousness concerning mutualism.

A useful piece of advice on this is to always go for a relationship you're ready for, this comes along with first of all considering someone's character, if that person's character is greatly more like yours. This naturally reduces the chances of you conflicting extra repeatedly. Okay, but getting a person you share characters with is another difficult scenario. Isn't it? Likely your answer is yes and here being a secret (known to few) on how to easily get yourself the right person. Psychology says that someone's friends usually share most of the characters with him or her. Now, look at your friends and see whether you share some characters or not. Of course, you have many

things in common that made you friends, and thus the more you're a friend to a person, the more characters you possess in common.

In summary, the secret to finding the correct love (though not perfect but at least less stressful) is to be friends first. As usual, a secret lies in inconsistency, therefore deciding to choose among your best friends a romantic partner could be one of the best strategies to naturally diminish the future disagreements in your relationship. Psychology goes further and presents evidence that marrying your best friend reduces the chances of divorce by 70%.

Another more important trick you need to know is that proposing to a friend is very easy and comfortable as opposed to a stranger. If the proposal doesn't succeed, it is much easier to crowd the chasm and continue as friends.

An advantage of long-term friendship before a love relationship is that none of you has problematic emotions for the other, remember how emotions paint a fake picture and limit our thinking, so a mere friendship gives an uptake hand to a more logical understanding of the other before any emotion brings in "useful madness".

Now you have got a hint I hope it will serve as an eye-opener to analyze and prepare very well. The trick is a long run that yields benefit worth your time and patience during the process.

However, sticking to a wrong relationship has nothing good, the good it seems to hold is a short-term one that will soon give rise to instead long-term trouble.

Main points from this part:

- A long-term relationship is based on shared goals and characters but not money, sex, and any other luxury staff.
- A more lasting friendship gives the right path for a good love relationship by helping one understand the other before without the influence of emotions.
- Take your time, even if people around you are all engaged in relationships, take time and find the right person.

- Sticking to a wrong relationship is a potential threat to your success. Don't ever accept it and if you're already in and it shows no signs of recovery, say no and focus on yourself.
- Better remain single with perfect self-love than being in a relationship with false love.

"I know lonely can be hard, but the longer you stay in the wrong relationship, the longer it will take for the right one to find you" Unknown

MISTAKE SIX:

FAILURE TO UNDERSTAND YOUR INNER SELF

"No one is coming to rescue you from yourself, your inner demons, your lack of confidence, your dissatisfaction with yourself and your life. Only self-love and good decisions will rescue you." Jenni Young.

Inner self means someone's true internal mind. The inner self of a person can neither be seen nor felt by us outside his or her life. It's the inner self that shapes you into the kind of person you want to become. So, important it is to realize that your inner self is totally a secret to you and none knows about it until you choose to disclose, but still, on your disclosure, a clear picture doesn't come out very well. This inner self, I regard it as a point where all other extents of life rotate about; implying that, on its full discovery and understanding by you simplifies your ways of handling life. Once you discover to the full breadth of your inner self, you become master of the stupid, meaningful, and useful enthusiasms; this conveys rationale a long-term seat in your life.

The secret of being a genius lies in understanding this inner self. Because everybody is a genius and special and can do something that may seem extraordinary upon this wonderful understanding and discovery of inner powers. To know your inner self means to know your purpose, values, goals, and dreams, directions of your emotions and how to handle them, etc. Understanding your Inner self more simply means unleashing what's good and bad for you plus how to handle the two. But not how and what the external world tells you to go about your own life. The discovery doesn't come alone but also along with a heightened degree of consciousness. Diving into your known inner world as young as you're and as early as in youth period, gives more understanding and better decisions on what to do with your life.

No matter how much you know if you don't know and understand your inner motives, then it is closer to correct if we say that your knowing means frivolity to you.

We should never expect anybody outside our life to give more light about our inner world than us, ourselves. Just like every padlock has got its own, the key in this aspect to open and explore our world is within us, we already have and let's use it. When you lock yourself in a dark room, do you expect anyone from outside to open for you yet you already have keys with you inside? Here, the choice is largely yours. Either to become angry at the walls and other items in the room or to first realize that you already have the key, and begin figuring out how to use it open. The latter is an explicit see that will, later on, let you join the world of light.

The external world deserves no credit for choosing what's better for us, I believe at this age we can realize how we want to shape our odds. But we shouldn't throw away everything people bring to us; we should instead use it to understand and learn better about ourselves.

Never go by the world's decision that's against your inner design, the people pushing us every day into what they think is good for us most of them might not remain with us along the way. That's why it, therefore, becomes important to know what fits your life.

Main points from this part:

- Well understanding of your inner self is a key to understanding the external world.
- Knowing your inner world makes you realize handling of your hidden emotional and rational systems.
- Anything we may do or may want to do must begin with knowing truly who we're.
- The outside world can't discover what's hidden inside us, it's our responsibility to do that, after all the outcomes are worth our life.

- Let the world throw whatever at you, don't spurn it back, use it to understand more yourself.
- Self-discovery = opportunity discovery, hence distinguishes your prospect.
- How we treat resources already inside us determines how we perceive the resources in the external world.

"Within you, there is a stillness and sanctuary to what you can retreat at any time and be yourself." Herman Hesse.

MISTAKE SEVEN:

RELYING ON OTHERS FOR HAPPINESS

"Being emotionally dependent on other people can make your life miserable. If that person fails to make you happy, you will become disappointed, and frustrated. Happiness from others is not very reliable."
Anonymous

Happiness is understood as a state of being joyful and contented with what you have. Happiness can either be initiated within us or from the people around us. What compels your satisfaction differs from what ignites my happiness and vice versa. So, we tend to socialize and hang out more with those inner circles that bring us enjoyment, it's what we want most in life.

Encompassing ourselves with happy people makes us feel happier especially if the moods are not match deviating as happiness is contagious. Alright, this screeches obviousness but it's opposite though to some extent genuine. A reason it stands out to be a correct decision for someone to have that happiness sphere that never withers. However, we can't maintain happy people around us all the time, meaning that if your happiness entirely depends on the presence of others, then you can be sure that one day that dice will cease playing on your favorite side.

Many researchers in psychology claim that someone's state of happiness while living imposes a great impact on his lifespan. So, it's not bad to be happy with others but this shrinks when you begin to rely on them entirely for your happiness. True happiness is what is generated inside us. Happiness lasts longer when it's fully under our control, we should be in a position to keep ourselves happy all the time as much as we can.

The more we attach on to others for our happiness, the more we shall be dragged into sadness and depression after a detachment. When dealing with people is completely different from when dealing with yourself inside a mind, we can't tell whether people we tend to

rely on for happiness are really glad to see us happy, even if they do we should always remind ourselves that all people in our life are not permanent. It's only our inside that is permanent to us.

Most people we rely on today for happiness haven't been in our lives for long but before they came, we could have also been with others we can't even trace now. This directly shows you that our current happiness with others, indeed not all shall diminish but the majority are on the verge of an impartiality. Most people become happy with us according to the mood we are in, these are toxic and fake people to get rid of.

Oops, before you get rid of them, can you even identify them? After getting rid of them, do you hope to get people that will keep you happy forever? The answer to both questions is about 90% no. As we can see how risky it is to surrender our happiness rights to others, this leaves us with just only one choice, a choice we all have, a choice that is too easy to go with. The choice is ourselves, when we can keep ourselves happy, that's when we attract others for the same aspect.

Imagine you being happy because the world is no longer acting your way, people you relied on have now tossed you out and you don't know whether they will pick or you will be dumped forever. It's extremely sad to yearn for external happiness when you can generate your own happiness.

Who knows when the crazy world will turn into a path that satisfies your happiness? Never wait for the external world please because you can't predict its path but you can create yours, all you need is yourself and you're already available.

Even maintaining happiness within us is a great task to accomplish daily by denying ourselves obstructs. In life, comparing yourself with others impacts your happiness. When you compare yourself with the superior, you feel inferiority and thus happiness is tackled. Comparing yourself with the inferior creates a feeling of superiority within you and this in turn now might raise your happy mood. So, if you want to remain happy by yourself, the first step would be self-contentment and satisfaction with what you have. I know you might be asking yourself how you will know your level of

progress in life without comparing yourself with others. But here is a simple answer. If comparison out powers your happiness into depression, then that comparison is worth quitting. The main goal in life is to be happy. The rest follows.

We become slaves of happiness to others by hoping for pleasure from the outer world. We also enslave ourselves into memories and future imaginations and forget that happiness is only felt in present. People usually imagine the good and joyful moments of the past that will never return, we also do "time travel" and start worrying about what might happen in the future. Looking back into the past to pick a life lesson and looking into the future to plan is not horrible but it becomes outrageous when we overdo it and end up missing on the present.

Most of the things that ruin our happiness are not in present, they are what we tied our minds to. Do you realize that most of what makes us worry about the future never happen?

At times we also experience several challenges in present but we should try never to cling on too much once the incident is done. Clinging to it doesn't change it, it only changes our happiness to sadness.

Main points from this part:

- The more we attach ourselves to others for happiness, the more we shall be dragged into sadness and depression after a detachment.
- People are not permanent in life, those making you feel happy today might be no more tomorrow. Better practice self-initiation of happiness.
- What happened in the past or what will happen in the future shouldn't disrupt our happiness in present.
- Try to be happy all the time. It's when you live a life you're supposed to live.
- If it makes you happy today and sad tomorrow. Don't do it.

- Leave alone what and how the external world thinks about you. It's beyond your control and focusing on it limits your happiness.

"Happiness is the meaning and the purpose of life, the whole aim and end of human existence." Aristotle.

MISTAKE EIGHT:

BEING IN A BAD GROUP

"To be a good quality, you have to excuse yourself from the presence of shallow and callow-minded individuals" Michael Bassey.

By nature, a human being is a social animal. He enjoys being in company with his fellows, whether disastrous or decent haloes, a person feels more comfortable and secure depending on his ways of life. Logically, whenever you find yourself on side of the majority more often; there's a higher possibility that a need for you to question yourself might be fundamental. Most people are highly impulsive but because it's an irrational majority they defend themselves using their ill existence in large numbers. *"Never underestimate the power of stupid people in large groups."* -George Carlin put it this way. The idea behind this is the power of prevalent excitements. You could have also realized this, but when do you reason well? Is it when you're alone or in a group influence? Reason and emotions are antagonistic to one another. In a group, decisions made are enormously emotionally based and this is why they become irrational. When you're alone and able to create a free disrupting emotion zone, you think better and decide very well.

This reminds us of how people react as a group and do something wrong that even after it's done, every participant realizes after being alone, how ridiculous it was.

However, this doesn't mean that working in groups or associating with others is not proper. It's an indispensable way for humanity to handle various challenges but this becomes a destructive one when the group is not healthy. Bad groups have no good in them, bad groups eat out useful life strategies and implant the fake ones. That comes by group members having a negative attitude towards our positive attitude, failure to get ourselves out earlier gets us manipulated. We become part of what we saw as bad, with time we begin to see it as good since it's all our immediate hoops perceive.

Emotions and desire to be part of what we call good at first sight get us into a deadly hitch, later on too entangled in the horns of a dilemma to remove ourselves. We feel high while in these groups, at first, as we rejoice the bitter as sweet. The life span of bad groups we drive into is far less compared to our life span yet the effects we obtain from there are long-term, durable enough to throw an entire brilliant life into apologetic furnaces of everlasting suffering.

Think about yourself and think about the people that surround your life vicinity. Are they constructive or anytime you rise they hit your head with a hammer? Permanently get out of fatal factions as soon as you realize or even suspect you are in. The very big shortcoming of these wicked circles, they won't be there for you to cub down malicious consequences you incurred. Don't do something because the majority do it, first analyze it always before you give in also. When many people do something wrong, it may look like it is right; we shouldn't be driven by this incorrect picture.

Be in groups where members inspire you to do your thing that shall assemble positivity, be with people that tell you "you're wrong, try this way, stay in the lane, don't give up, you're important, never mess up with life" etc. The people we choose to enclose ourselves with today have a great impact on our future. A bad company yields a future of suffering and failure. A good company helps build a future that glitters in and out. Try to distance yourself from associates that do you nothing but worsen your morale. At least be alone than being in a pernicious group.

Do you have a friend who could have already made this mistake? I believe it's not yet too late to advise him to let go of future suffering. Or it could even be yourself. However, I know detaching from a bad group is harder than from a good one. On trying a detachment, fellow members throw many words at you, telling you how inferior you will be. Assume you're able to resist all the talks and successfully leave; still, there's another dilemma of a sentiment of loneliness. Still, this can be overcome by keeping up yourself busy with what builds you. The detachment is difficult but the earlier you

do so, the better you save yourself from the upcoming unbearable and regretful effects.

Main points from this part:

- The existence of a nasty gang is limited but its effects are more likely to negatively impact our lives forever if we insist on holding to it.
- Decisions made by a group are usually not based on reason and rationale but are emotion-driven.
- Feeling isolated is better than feeling high and comfortable in an ill company.
- People we surround ourselves with paint us some of their colors. So, look for people with beautiful colors that match yours.
- Don't do something foolish because everyone around you does it. The effects impact you alone not as a group.
- Assign yourself what to do with your own life, but don't stick on the erroneous path because you feel companionable.

"Don't be misled. Bad company ruins good morals" - Corinthians 15:33

MISTAKE NINE:

BUILDING BAD HABITS

"Bad habits are like chains that are too light to feel until they are too heavy to carry." Anonymous

A habit is something someone does often. It takes time, attention, and energy to build a habit, whether good or bad. And the longer it takes to build a habit, the deeper it anchors within you and even the longer it will take for you to uproot it, in case need be. Habits are of two basic types, the bad and good ones. The good habits are those ones that build us, plus the communities we live in, they build our minds and bodies, success, friendship ties, happiness and joy, thoughts and ideas, and other aspects of life. Hardworking, writing, reading, regular exercise, meditation, positive thinking, etc. are a few examples of good habits. Whereas alcoholism, drug addiction, lethargy, procrastination, telling lies, dishonesty, stealing, deceiving others, escapism, laziness, oversleeping, overeating, negative thinking, gossiping, etc. are some of the bad habits.

However, the power of a habit lies in its consistence with you. The more we practice a habit, the more it manifests in us but the benefits of its manifestation come only when a habit is a good one. Good habits are good for everyone and can be practiced almost in all places in our communities at any time as opposed to bad habits that need special time and unique places.

Building bad habits is dangerous to both you and the population but the extra focus is on you. This is one of the long-term mistakes we should avoid. Clinging to a bad habit for long implants increases potential threats to your triumph. Since our life is designed by habits, the habits we choose to be part of us are the ones shaping us into how the world perceives us or how we shall look like. Thus neglecting and avoiding building bad habits hits a button for your success. A habit that we build and persists in our youth proceeds with us even when we become aged; sticking to a habit increases the attachment as we

grow older. If a habit you choose is a good one, then every day it adds forwardness regarding living a life that matters. If the habit is an ill one, then failure knocks at the door every morning you wake up still with a horrible attached.

If the bad habit has already deep routed, then extra energy and time are needed to uproot it, but still, you incur its effects. Bad habits distort our minds yet a mind which is the basis of personal growth and development; they harm our thoughts, create negative ones and replace positive ones.

We are some big part of us made of what we normally do and these are termed as habits.

Our youth period is very limited; it should be the period for building the fundamental and unshakable foundations for old age. But in this book, I'm only going to highlight a few of the consequences of bad habits and I encourage you to research for more.

A habit like alcoholism, consumes a lot of our little money, consumes time, makes us lose consciousness, risks our lives to accidents, break our good relationships and replace them with bad ones, leads to poor mental and the entire health of the body withers down. While drunk, we forget problems and solutions too, we feel high when we're nothing, we feel happy and later sadness covers our faces after realizing time and money wasted on worthless involvements. Alcoholism is worse beyond this, even the other bad habits I'm not tackling are on the same ship.

Another bad habit is negative thinking (well discussed in chapter twenty since it's a habit but a big mistake on its own, procrastination too in details in chapter twenty-five)

But according to a little hint we have got, I believe it adds us more insights, by revealing how bad habits yield no good but only do more of backsliding us in life.

If you have a habit (either bad or good), it's elegant to be aware that it will impact your life. So, let's opt for what builds us. A good habit such as reading opens our eyes into a world of knowledge and "easily get solutions", helps us realize our passion, guides us, and holds us on the right path, etc. But we can't talk about reading without

saying *hello* to writing, because without writing no reading occurs. It's through writing that great men and women share(d) ideas, knowledge, and thoughts. And according to me, reading is the best habit to develop if you want to build yourself in and out. Other good habits like positive thinking, saving, building good friendship ties, and others, all are essential to us, regarding shaping our future.

So, very important it is to get rid of all bad habits and opt for healthy ones. I know neglecting a bad habit you're already used to is difficult but do it in phases; for example, if it's alcoholism, you can begin by reducing the number of alcohol associates you hang out with daily and bottles you sip customary, then reserve that expenditure you would have thrown away and save it; label this saving **"MONEY I WOULD HAVE WASTED".** Utilize the time you would have wasted and do something productive. Do this for only thirty days, you will realize how much money and time you have been wasting; this forces you to see the advantage of ignoring such a habit and I'm sure with time, it will be completely gone off your life.

This method works almost on getting rid of any bad habit**. Save money you would have spent, compare later; use time you would have wasted, compare later.**

I will not stop talking about how our inside builds the outside. Emphasizing that the intensity of any habit now, goes back to how we handle our inner world. We have the power to choose what's good for us and shun away what's likely to beat us down. This is the power every youth deserves utilizing; because nobody can decide for us right away from our inside. It becomes very easy now to design your life with habits that shall transform it into a desirable mode, we are still growing and we need to focus on what grows us.

Main points from this part:

- Always get rid of every bad habit as soon as possible.
- After a habit has got you, it's not easy to ignore it. Use safe measure and advanced protection technique.

- Habits we do have shape our extent of success and failure. Good habits yield success; poor habits bring regrets.
- A habit in us progresses as we age.
- We have the power to choose what kind of a habit to always go for.
- To get rid of bad habits, we must substitute them with good ones. This helps us in comparing the advantages and disadvantages of the two.

"Bad habits repeat themselves again and again not because you don't want to change, but because you have the wrong system to change." Unknown

MISTAKE TEN:

LACKING SPECIFIED DREAMS

"All men dream, but not equally. Those who dream by night in the dusty recess of their minds, wake up in the day to find that it was vanity: but the dreamers of the day are dangerous men, for they may act on their dreams with open eyes, to make them possible." T.E Lawrence.

Behind every successful man was an ambitious dream that couldn't allow him to sleep on a bed of roses. A dream is better understood as a goal or something you intend to achieve, that will lift you from one stature to another. Good dreams to possess have got deadlines. Everyone needs a dream because of our dwarfish life span. Life is not long enough for us to have more time to sleep than to work.

We must devise means on how to utilize it effectively, and we therefore by this come up with the idea of dreams. We assign ourselves what to achieve within a given time. This has been a proper way of handling life, to live means to do something to keep you alive and this comes by doing work of the present, attaining lessons from the past, and think about shaping the future. A dream is always in the future but it must be worked upon towards its achievement and accomplishment only in present.

A dream is important to keep us in a line with our life architecture. Without having, more to lacking a dream, means just living a life of today with an idea absent, about the future. Dreams remind us of what we are supposed to cover daily, what we are supposed to build on, what to get rid of and consider which life faculties to develop. It's this that triggers our day-to-day motivation. A dream taps on you while sleeping, it is interested in you chasing it. Life without a dream is life without direction.

Whether big or small, make sure you have a dream; let you have something to push you up and have on mind what to drown you into daily work. Have big dreams, ranging from months to decades; at least

such dream durations shall always remind you that if dreams are turned into a reality, your life shall fully be transformed into another form, a state you desire every day, a state that can't let you be lazy.

If we dream big, it holds some water if we dream what's possible for us to achieve. No matter how big a dream may be, it should be worked on from the initial steps. Don't jump any step because you're in a hurry. Begin with small chunks, achieve what you call small, you will see it magnifying. Don't focus on putting the whole cake into your mouth, begin with manageable pieces because these are the sources of motivation. Many young people have messed up on this.

They want to begin on very big things and forget that before anything becomes bigger, it must first grow from its smallest size. Give it time, build from small, I know it will take a longer time, follow steps and appreciate the journey.

Having dreams without deadlines makes us night dreamers. Assign yourself a duration within which you must get done. For example, my dream to become an author came up with a strict scheduled timetable to follow. I assigned myself with writing half a chapter every day, I even drew a plan to guide me. Anytime I would wake up early in the morning, I would look at it, go to the mirror, tell a person I saw there that; "I must accomplish my assignment today, if I don't do it today, it will overlap with tomorrow's". This simple sentence became part of my life and with time it got into a subconscious mind where it caused something like a natural state of flow.

The take-home from this is to be strict to yourself until you get into a natural state of flow. The advantage I realized in timing yourself is that the work is completed within a reasonable time and this technique kills procrastination. Imagine doing something without timing yourself! you always find difficulties in pushing yourself up because there's no positive self-force. Always time yourself.

Turning a dream into a reality gives the world an evidence that you can transform the invisible into visible. The dreams are invisible and without working upon them tirelessly, they do remain dreams people get while sleeping.

When you don't have a specified dream, everyone targets you to achieve theirs. Don't fall in as a victim of chasing others'. Utilize energy and chase your own.

We should have dreams we love and do what we are interested in. The external world shouldn't set dreams for us. You can never turn against a dream dreamt of yourself.

Main points from this part:

- Lacking specified dreams makes you wonder about in others'. Have a dream, focus on it and I can assure you, you won't get time to chase other people's dreams.
- Always give yourself a strict agenda to follow while chasing your ambitions.
- The world doesn't see our dreams; it only sees the reality. Work towards turning a dream into a reality.
- Set a deadline for your dreams, if you don't, you will keep dreaming. The deadline forces you to stay focused.
- Having a dream means having a design for your future. Opt for possible and beautiful designs.
- Dream big but begin small. With time it will be big. Accomplishing something small motivates you.

"Give your dreams all you have got, and you will be amazed at the energy that comes out of you." William James.

MISTAKE ELEVEN:

WORKING AGAINST YOUR ABILITY

"You are the only person on Earth who can use your ability" Zig Ziglar.

This chapter focuses on reality and tragic truths that shall build everyone who pays keen scrutiny. I grew up in a society where these two common traditional sayings dominated motivational centers.

The first was, ***patience leads to success.***

The second was, ***hard work leads to success.***

Looking at these two statements, both are motivations for success, but on one hand, they are very applicable and well standing while on the other, they are misleading in case one just takes their faces without snatching time to glimpse deep inside them. In the world, everyone including you and me, I hope we have already seen many people working harder and harder, day after day, year after year but remain failures. I and you could have already fallen in this category as victims.

Does the statement *hard work leads to success* still a good motivation? YES, and NO, because it still depends on our interpretation. Hard work alone doesn't lead to success; we should never be convinced by the world that everything is possible for us to achieve. This has been a song in the world, especially to the young generation. I know I may sound like a discouraging soul but you're about to realize the *behind scenes.* The planet Earth has got different inhabitants, each with different perceptions and unique potentials. And for the world to inspire us on how everything is possible and how hard work operates under substantial protocols for success, first and most important we should contemplate our abilities. To add salt to an old saying and transform it into an essential tool in the modern world; **hard work leads to success only when you apply it in the line of your ability.** We have got various abilities, everyone with his or hers, special or shared. This doesn't mean we can't do things beyond our fit

ability zones but we shouldn't take our life as permanent. It, therefore, becomes important to know our abilities and work in line with what we can easily achieve. When you work in accordance with capability, the work becomes enjoyable and less stressful, even success is easily achieved within a short time.

A tip on how to realize your ability.

Am going to use a simple analogy of having very slightly different keys that can open a similar padlock. You begin by testing keys; each key will open a padlock but there's a very big difference in time and energy taken trying to open. Assuming the precise time for the fittest key to open the padlock is thirty seconds when you test with the first key and 10minutes are used, then this shouldn't be the right key to choose to use every day because it will always delay you and take away your energy. To get the most correct fit key, you must keep testing until you get one that takes the least time and minimal energy. Then, you can keep the fittest key for use daily. This will make your daily life easier.

Using that short metaphor above, we have numerous and varied keys inside us to open the world on daily basis. For us to realize our abilities, we must try out on many things, as much as we can. However, you might be worried about where to get time for doing all these tests, remember it's only during youth where we still have a chance to try and fail, and try again. There's no way to discover the ability without trying on anything. During trying, you will realize what was done without much stress, with love and interest, what took less time and tiniest energy but finally bestowed your success. That's your ability, and after that meaningful realization, you can begin to always focus on things in that line, life will become easier since you will be doing what you are passionate about. This is why for hard work to yield success; ability must be taken into deepest consideration.

I hope now you have seen the advantage and disadvantages of that old motivation. Don't waste time sticking to work in the wrong direction of your proficiency. The earlier we realize our abilities; the

faster life agrees to be less stressing and the more the success comes closer to our work. Hard work must be always applied in the right line and by doing this, the regrets of wasteful sweat come to a minimum.

Back to the second old motivation, *patience leads to success*. This is only true when not misunderstood. For patience to play a key role in achieving success, it must not be confused with wasting time. Most of us could have been with a lot of patience and hopes for things to happen, but we must do something; this again relates to knowing your ability. If you don't know your propensity, you will work hard patiently waiting for fortune but it won't come because hard work on the wrong path equates to having false patience not realizing that you're wasting time.

Main points from this part:

- Hard work only leads to success when applied in the line of your ability.
- Let the world motivate you but know your ability.
- Always focus on doing what lies within your passion, interest, and love. The results will come with less stress.
- Patience leads to success only when you don't confuse it with wasting time sticking to the wrong hard work.
- Everyone has the ability to do something and achieve it within a reasonable time but it matters that you stick to what's possible for you to succeed at.
- The only way to discover ability is by trying. Keep trying and you will soon realize what's good for you. **Don't mistake trying with giving up easily.**
- However, trying is the way to discover ability, we shouldn't try on everything. Have a reasonable number of tests and choose what to focus on as early as possible.

"Great ability develops and reveals itself increasingly with every new assignment" - Baltasar Gracian.

MISTAKE TWELVE:

THINKING SHORT TERM

"The most damaging aspect of contemporary living is short term thinking" Rick Warren.

When I was still a little chap, I used to be near my father most of the time, in case I was not at school. As a parent, he used to share what a papa shares with a son but among all the words, a few of his sentences were stored in my long-term memory and here it is one of them; *"Mworozi, our physical eyes see only what's physical and beyond that, it's only long-term thinking that is applicable"*. To me, these few words have been enough to shape the future from the present. Anytime am about to do anything, I recall my father's words.

See, anatomically, the normal human being has got two physical eyes but philosophically, a third eye also exists. The difference between a physical and a third eye lies in the vision. The physical eyes visualize only physical materials but the activated third eye sees the invisible. The activated third eye is better than the two physical ones. Am calling it "activated" because, for that eye to function, it must be activated by long-term thinking.

Long term thinking means you're comfortably deliberating and consciously working towards the future. It's a philosophy that brings to life the sensational possibilities of what's yet to come, and each decision you compel is rendered an expected timeline in psyche. Long-term thinking is that tool that creates a path for us to stay in. It shows us beyond the seeable.

It becomes an art of an intelligent being to accommodate such thinking permanently.

Nonetheless, in some situations where we can't see beyond our palms, it's short term thinking. Short term thinking simply means considering only what is in front of you. Instead of evaluating the probable impacts of a course of action over the long term, we think about what might arise today, tomorrow or next week.

A cat that cares about tomorrow doesn't eat a pregnant mouse - African proverb. This proverb is funny and momentous. Short-term thinkers only consider life as a straight line, all they can see is permanency in everything. They neglect the reality of how uncertain life is.

Most of what the current world needs for one to survive, it's thinking beyond today. Thinking beyond palms keeps us on a straight path and more focused because whenever we are about to swerve off the road, our long-term thinking visualizes the negative effects little again shows us the benefits of sticking to achieving what we already have in our plans.

Although long term thinking is decent, it shouldn't be overdone, it makes more sense that when you think long-term you also make sure you are doing something in present. The future is more uncertain than the present and that's why its uncertainty needs thinking and the present is only where work is entitled.

So, before doing anything, think about what could be the long-term effects. For example, let us whisper about engaging in sexual intercourse; if you first think of how short-lived sex is and how long-lasting effects are; this will remind you to have protected sex. Talk of food, thinking about the effects of eating that food will always remind you of its effects to build you or cause troubles within your body in long run. Before starting any business, if you think of how it might turn out, motivates you to prepare even more and be ready to start.

In chapter three, I deciphered another mistake related to short term thinking i.e. rushing without thinking. However, the two may seem to be almost the same but there's a noticeable difference. To clarify this; if a student in a college does not read for an exam in advance but wait for the examination period to begin having sleepless nights, then this is what we mean by short term thinking; but if the very student answers the questions in the paper without reading instructions, that it becomes rushing without thinking.

One of the easy ways to get acclimatized to long-term considerations is by catching a glimpse of every circumstance and observe it as too interim to hold on forever hence derives a need to

renovate deviations in future Incase, they arise. How we see the world in present is not how it shall be tomorrow; long-term thinkers are always prepared to deal with any situation. Making this part of our everyday life, lessens our likelihoods of wishing undone in future.

Main points from this part:

- Shallow thinking creates deep problems.
- Never rely only on what you see with physical eyes, use the third eye to navigate beyond.
- Thinking long-term gives us a path to follow and is a reminder to be more focused every day.
- We should always consider deviations in life and hence design means to subdue perturbing ones. All this mandates long-term thinking.

"People don't like the idea of thinking long term. Many are desperately seeking for short term answers because they have money problems to be solved." Robert Kiyosaki.

MISTAKE THIRTEEN:

TAKING OR REFUSING ADVICE WITHOUT REASSESSMENT

"Great advice comes from people that have been around a lot longer than you." Zac Efron.

Life is full of challenges, disappointments, success, failure, regrets, happiness, joyfulness, and suffering, name them. When someone is living, all the above and also the unmentionables should be expected. Some come to us and some we visit. Some arise from inside us and others from the external world. Those arising within us means their derivation is inside us thus we have authority over their restriction and control in our life.

And, those arising externally should be grasped from their source as well. But to overcome some predicaments in advance, we need an eye-opener from both experienced and inexperienced personnel from that field we feel more likely to drown after a giving a single step in; we need an idea about how to experience some of what we are already encountering or what's yet to come. Frequently, we tend to seek advice from our family, friends, the internet, strangers, counsellors, mentors, teachers, etc.

In simple and helpful quick understanding, advice in this perspective refers to guidance, counselling, opinion, recommendation, notice, all regarding future action that is in the plan to be encountered or not in the plan.

We are born when we know nothing about the external world. A baby born is breastfed, and everything is taken care of; it does nothing about itself. But as we grow, we change the environmental setups, we intensify into new stages of life and begin to undergo diverse life virtues. Because every stage is a new stage in a person's life, it means no one has experience ahead of the upcoming stage. We thus need a bit of advice from those who have already encountered so.

Even all that we do; talk of academics, when we were in primary and nursery schools, we needed advice on how to go about high school, in high school, we needed more guidance regarding what career we should choose as we head for college life; even outside education aspect, before marriage, a great talk and advice are essential especially from those who are already family holders, before starting any business, the experienced business men and women add a light to your eyes, and so on. Without considering a future action, we experience more challenges that need people to help us shape solutions for them.

We may have breakups in relationships, businesses, and family and at work. Sharing a problem or an expected circumstance opens our eyes to an easy move. Being advised upon doing something reduces chances of incurring errors along the way, helps us realize what we couldn't see and hence act better, gives a hint on what to be experienced; advice is a tool for overcoming the unseen.

During youth, it is when most advice in life is considerably needed and the major reason is that youth is a core of life; as most of what determines our forthcoming quality of living happens here. For example, marriage, choosing a career, knowing and doing a business, setting social goals, seeking for lifetime knowledge and wisdom, etc. Generally, youth is a package of life enhancement.

We get a lot of advice, both asked and not asked for but usually, the not asked for come from people who care about us like parents, friends, and teachers after seeing us deviating from a normal path. They feel pity about what we are doing and where we are heading. Then, the asked for advice, it's us who choose the kind of person to help us.

We may run to or many people may come to us advising, but we should always remind ourselves of our own life. When people advise us, some are suggesting what we should leave and what we should go for. But before taking any advice, we should as well think of what's good for us.

Not all pieces of advice are keen or misleading; to realize what kind of advice, we need to do our own reassessment; what is good and

what worked in other people's lives can either work in ours or may not; this is why we should again evaluate and analyze any advice we receive. We have been shunning away useful ones and grabbing ill ones because of not reassessing on our own. Doing the reassessment doesn't mean that you don't trust a person who advised you, but it is for your personal good to first analyze critically whether the advice is applicable in your life or not.

Any person qualifies to advise the other, people have got different views and experiences on several situations. But while receiving advice, we should perceive it without any interference from emotions.

We have talked of ourselves looking for advice or in some cases people by themselves advising us; there are situations where our friends, family members and strangers will come to us asking for advice or we go to them seeking for guidance. Depending on the situation, we may tell them directly what to do or not what to do, but in most cases, it is better and secure that we share ideas and perspectives regarding a perturbing situation and let them choose what to do by themselves. By telling them *"do this"* or *"don't do this"* makes us held accountable for consequences after they have taken action.

Main points from this part:

- Taking honest advice minimizes the likelihood of incurring negative fallouts.
- Don't buy or reject someone's advice without subjective reassessment.
- The advice that worked in other people's lives may or may not be applicable in yours.
- Respect any advice no matter who gives it.
- Look for advice from sensible people. Usually, people who have ever confronted your suspicions in their life.

- It is wiser to share perspectives and let people decide on their own what they feel is competent to them other than telling them *"do this" or "don't do this"*.

"There is no one who can give you wise advice than you can give yourself: you will never make a slip, if you listen to your own heart" Marcus Tullius Cicero.

MISTAKE FOURTEEN:

OVER EXPENDITURE

"No one is rich whose expenditures exceed his means, and no one is poor whose incomings exceed his outgoings". Thomas Chandler Haliburton.

In the modern societies, when we gossip about coming to be prosperous, one word looks after the entire debate. That word is "expenditure". To most people, expenditure in this matter means spending money; but expenditure encloses an exceedingly expansive aspect, such as time and energy expenses. Right away from my childhood, I learned that the root cause of poverty was devouring a lot of money, more than you earn. But also, spending more time and energy on worthless objectives stimulates poverty.

No successful person (we mean a person that did sweat for the achievements) spends more than he earns. To reap money means to use up time and energy allocating means of monetary dividends. It comes with a heap of meaning when we say that a man who spends beyond his earnings shall live to be needy. Money expenditure is classified into two substantial categories; one is unavoidable, another is avoidable or unnecessary, but in this book, we are going to focus on what can be avoided. Most of our expenditure is impacted by the societies we live in, the workouts we take and the modes of pleasure and happiness pursuing.

Unnecessary expenditure transpires when we buy or use the resources for nonproductive intentions that usually end up in remorse. In my society, I have always seen this habit not only in youth but also in adults of our parents' age. As earlier discussed, what we do during our youth transcends with us even to adulthood. The idea that over expenditure is common among both ages demonstrates a tight-lipped reminder to ourselves; youth paves the way to adulthood.

We are usually influenced by our friends into superfluous costs and tend to forget our means. When we are in a social set-up with

colleagues, it becomes easier to be thrown into useless expenditure; even when we are alone but with habits and unhealthy motives driving our wheels, we also fall in as victims. We disregard that every person has a different background and social status, we feel isolated when our fellows spend and we don't spend. I know at times spending is necessary but important it is that we realize how much we should spend. The need to throw your money on short-term activities that yield no good results should always be put on hold. We may feel inferior without spending like expected by our associates but it's better when we accept our inferiority and work upon the future superiority.

Even when you are excited with what you may call "raining cash", the future remains the most uncertain. Anything can happen and what you thought was excess to spend becomes scarce. It hurts to find yourself in extreme need of money that you wasted earlier on nonproductive movements.

No matter how wealthy a person may be, if he constantly wastes his riches on useless trends, that person will one day be poor and regret the negligence. The act of overspending ends us in debts that overwhelm our means. Avoid spending money before earning it, be satisfied with the little you have other than going for recurring obligations. What you earn is enough for you to thrive when used correctly.

During our old age, our bodies shall be too weak to work like we are doing in youth period. So, mastering the act of spending less and focus on saving and investment is the savior to us after we have grown up. Better do the saving for investment intentions as extensively as you can because age comes with more responsibilities. As we transcend to parenthood, the money entering our pockets should increase while the money leaving our pockets should be less. You can call this financial growth. We should use this chance to define and set our financial operations.

To deal off with overspending, we must begin with self-discipline. We should know what drives us into such, for example, it could be peer pressure, instant desires, moving with cash, etc. Also trucking how our money flows nurtures us to realize our levels of

expenses before we go extreme. On the other hand, long-term financial goals will keep us reminded and thus avoid overspending.

If overspending has already been inbuilt within you, don't worry, I know you can still overcome it but remember no any habit is overcome over a night. It takes time but the time taken is worth forthcoming rewards. Self-discipline must be practiced.

Main points from this part:

- A person who carelessly spends his or her money on unproductive things shall regret it.
- We should know our means, don't spend according to any social peer pressure.
- It hurts to be broke and remember that there was a time when you misused what you thought was plentiful and lasting.
- Be careful about the environment you are in and choose to be with people that promote any act of saving and investing, not expenditure.
- Never let your expenditure go beyond income level. This directly leads to debts.
- We should not wait to be old to begin realizing the value of money, age comes with more responsibilities and saving becomes harder. Save and invest earlier.
- Even when you have lots of money, don't spend it anyhow. The future is uncertain.

"Spending money to show people how much you have is the fastest way to have less money." Morgan Housel

MISTAKE FIFTEEN:

FAILURE TO DIFFERENTIATE BETWEEN NEEDS AND WANTS

"There is a difference between what you want and what you need." Abhijit Naskar.

In the education systems of various countries and according to the system set up, in the earliest years of learning, a child is taught the basic needs of life. This is evident to me and a few friends I have in other countries. I still remember at around age ten my primary school teacher telling us the things a man cannot live without. She mentioned air, water, food, shelter and clothing. But I realized the world keeps on transforming, we are living in a world today that has never existed before, the best and worst things exist in the current world.

Nevertheless, as generations pass by, man's needs continue increasing due to the drastic and rocket speed in science and technological everyday improvements; and soon if not currently happening, the basic needs will no longer be what I was taught; internet and electricity will also soon begin begging for a recognition; of course not forgetting education (both school education and self-education.) Consequently, fundamental necessities should always be given first priority. A need in this aspect can also be looked at from outside the box, as anything that is essentially required for your personal growth and development. This differs from a want. We can live without wants but we can't do without needs.

Focussing on what lies in the same lane of achieving our needs gives us a first stride over to making a life that will nourish us. Regardless, confusing needs with wants is an impediment, a heavy milestone every young adult should push off the path. Our hearts may desire wants but our bodies require needs. If we think of wants every day without putting needs in a remarkable front position, we shall find ourselves encountering superfluous griefs.

Have you ever wondered why people throw away things without even using them yet their purchase was done with a tremendous desire? It is because they purchased wishes, not needs. Can you throw away food when you are hungry? No, because food is a need.

Succeeding in understanding the above two questions and their answers and ability to relate each pair to real-life situations, is enough to master what a person needs and what a person wants, including the consequences of opting for each.

We need self-love but we want other people's love first. Self-love initiates our happiness, helps us find the true value of ourselves, keeps us motivated, etc. But what we want other than true self love does trivial.

Needs are very important. Whereas wants are just what a heart desires. The wants are usually driven by comparison with the external world. Most of what we desire is what we think shall make us better following its attainment. Wants are also not bad but let them come in play after accomplishing the needs.

After all, in some cases, what stands out as a want today may become a need tomorrow. For example, do you need a school education first or marriage? To some extent wants transcend into needs but all should come with time. So, run to a need because it is what pushes us to wants. No matter how much you desire or admire something, if it is not a need, you will work very hard and successfully acquire it but soon after, it will lose value and become money wasted.

It's high time we resorted to respecting needs and understand their incense in our life. We should have more love for needs since they last all the time, even when we see them as already used, quietly their contribution remains. Working towards what we need, deprives us of opting for desires. This begins by analyzing and knowing what you need for your being. To have a plan of what is essential for your today and tomorrow living encourages you to keep directed on building solid systems of life. Life is too short to get all that you want but long enough to attain all that you need.

First, have a love for needs that can be got from inside; such as self-love and self-motivation.

Know your needs.

Don't spend money on alcohol when you don't have what to eat.

Don't spend money on sluts when your partner is hungry.

Don't buy expensive clothes when you are still wearing rugs.

Don't go for a trans night party when you have work to attend the following day.

Needs are essential for survival; wants are not essential for survival.

Needs do not change over time, wants change over time.

Needs are necessities, wants are desires.

Needs are the same to all people, wants vary from one individual to another.

Failure to get needs affects our life negatively, failure to meet wants leads to unnecessary disappointments.

Main points from this part:

- Always grant a need preference. Let wants come later.
- Endless wants make us lose the needs. Don't focus so much on wants when you have not gotten the needs yet.
- Life is too short to get all that we desire, but it is long enough to get all that we need to live.
- Don't focus on desires when you have not attained the needs.

"If we are not careful, our children will come down with "affluenza", a disease that causes them to confuse wants and needs. We need to teach our children what my grandmother taught me: Think twice about spending money you don't have on things you don't need to impress people you don't like anyway" Michelle Singletary.

MISTAKE SIXTEEN:

RELYING TOO MUCH ON A PARENT

"My parents are very conservative. They taught me the value of hard work - don't depend on other people, do it yourself" Kyrsten Sinema.

No one deserves an amazing loyalty as a parent. Before you accumulated your body even in the mother's womb, you were nothing. The world would not imagine us existing just like the way we cannot have a hint about how the people to be born in future will look like exactly. It was out of imaginable serendipity that our parents by chance exchanged their gametes and finally fused to make us. The majority spent about nine months being jealously and safely protected in a very conducive habitat. Finally, you were born; thanks to our mothers that they never aborted, otherwise our presence wouldn't have been achieved. Brought into the new world as helpless, breastfed and assisted to grow. There was wholly no way we would exist without our parents' presence.

Our dependence on parents started before we gained consciousness of it. We have been prevailing as total dependents right away from zygote level up to human being. As we grow, we get to accumulate our own thoughts and self-resilience, tend to be self-sustaining but still depend on our parents.

Life with both parents is usually joyful and straight moving. This is something to feel great to possess. To find a favorite dice spinning on your side though. There are many orphans in this world, therefore see your parent as a gift; no matter how a parent stands in terms of education level, age, financial status, etc., a parent remains the best gift a child can ever have.

Even the orphans once had parents but as we all know life is very unpredictable; the grief of losing a parent is overwhelming but we learn a lot from it. Those without parent(s) have mastered the art of self-dependence. Because no one is enduring in someone else's life, thinking wide and open our minds to all possibilities, both horrible

and promising, suits us into real action of life. This does not mean living in constant fear, it makes us think broad as human beings, and hence a need to comprehend self-dependence. Even when the parents are alive and kicking, it makes you more compassionate when you don't rely on them for everything.

Actually, in the few years to come, they will begin to depend on you. It will be your turn because theirs is getting done. In case you're not yet a parent, have it in mind that if you follow the root of contributing to the maintenance of the human species by reproducing, then know that there is a big possibility, you will one day acquire the *dad* or *mum* title. It is impossible to be independent and dependent, implying that if you see yourself becoming a parent, you shouldn't be that kind of parent who depends on another parent. Life is full of uncertainties and we should prepare ourselves for any unexpected circumstance.

Think back to, no one knows how life may tumble the following day. Reliance is not bad but we should use it to carve our own life. However, dependence becomes a setback when we mistake it for permanency.

When our parents are well off, we may think that it's instinctive that we shall also be well off through inheritance but unfortunately life may not work that way. Even maintenance of the inherited fortune needs some hard work. Not all that inherit wealth become moneyed; surprisingly, some are even among the poorest. Putting that aside, even before we think of attaining that assured honey, we can't tell whether our parents themselves shall be able to maintain their wealth up to when they will succumb.

What we make from a hundred per cent scratch fully belongs to us. This is what pleases a parent, a father sees value in a sibling who can work and live on his own even in his presence. He thinks that even when he's no more, the son will still make a successful living. If we insist on being spoon-fed with sugar, one day we shall look for the spoon and it will no longer be traced.

Our parents brought us into this world. This was enough contribution for them, and we ow them nothing. We should prepare

for our turn and show them love and care. We should always appreciate whatever they struggle to contribute to our life, we should use it to build a life we shall live in their absence or their presence.

Main points from this part:

- As we grow, our parents grow older.
- The best thing parents did for us was initiating our existence.
- We should learn how to live an autonomous life and do things on our own.
- The future is very unlikely, use the present to prepare for uncertainty.
- Our parents see more value in us when they see ourselves trying to figure out life without over depending on them.
- Use a chance of dependence to build self-dependence.
- A parent trusts his or her material wealth with a hardworking child, not a lazy one.
- When you are being spoon-fed with wine and honey, it makes sense when you remind yourself that there is a likelihood of a spoon being no more one time.
- Parents are there to guide us on how to live in their absence.

"Never do for a child what he can do for himself" Anonymous.

MISTAKE SEVENTEEN:

WASTING TIME

"If you love life, don't waste time, for time is what life is made up of" Bruce Lee.

For the number of decades, great thinkers have always questioned a lot about time and how best a human being should utilize his limited time while still here on earth. First of all, to understand time, we must begin by appreciating our incidental existence in this world. It is a very huge coincidence that we exist with the earth at the same moment. A man lives for less than 130 years but the Earth is estimated to be 4.54 billion years old, plus or minus about 50 million years. Scientists have scoured the Earth searching for the oldest rocks to radio metrically date. In northwestern Canada, they discovered rocks about 4.03 billion years old. After comparing how long we live and for how long the earth has been around, I suspect that you now feel extremely small.

Okay, this comparison may not be enough to blow our minds yet; The probability of being born, think about it. Have you ever asked yourself – what are the chances of you being born as the person you are, in that structure and form? Taking how big the human population is, and how rapidly it is unfolding, it seems that you being born is equal to a rustic coincidence – roughly 1 in 400 trillion (or more). The probability of you prevailing at all comes out to be 1 in 10^2,685,000 — yes, that's a 10 followed by 2,685,000 zeroes! Binazir concludes that the odds of you being alive are basically zero.

The fact you're alive, healthy, and able to work is literally a miracle. Do you realize what must happen for you to be born, and the chances you came out as you? The odds of you being born as you are about 1 in 400 trillion, or more.

Alright, after talking about all this, I know we now feel the power of being a human, and specifically you. If you want to understand how lucky we are to be around till this time, think of the

probability of an egg meeting a sperm in the mighty paradise in order to initiate the formation of a human being like you. Doesn't it mean we are all the sperms that won the harsh battles out of millions of opponents?

The time we have now is too limited, very limited beyond our thinking and imagination. Think of yourself and our planet earth sharing existence; the Earth is the only known planet in the universe that is home to an intelligent human civilization. It's therefore, a tremendous mistake to waste even a single minute.

Before you waste time, always reflect on the above information and the most brain piercing, is the probability of death. Every life in the universe follows a similar pattern, that is; birth, life-sustaining and death. Even a star that lives for more than 10 billion years finally dies.

In 2019, when I was still in high school, Mr. Atwine Jethro, my biology teacher, explained to me the theory of evolution but one thing I appreciated about it was that the primary driving factor in evolution was time. The father of evolutionary biology, the most respected Charles Darwin, was a man who lived far ahead of his time, one who lured to come up with the concept of evolution that takes millions of years.

"A man who dares to waste one hour of time has not discovered the value of life." This is how Darwin packed his wisdom on time and life. I found a lot of insights in this short statement. He emphasized that one hour is a very big contribution to man and indeed it is.

When we hear this, we may think Charles Darwin lived for only 24 hours. He actually lived for about 73 years; this approximates 26,662.680527 days that are almost equal to 639,900 hours. Compared to the duration of an hour, he seemed to have lived for too long, but then; why does he still see a lot of value in just one hour.

After understanding these obvious and satisfying calculations, we can now knock on the door where the scent of understanding the concept of time is kept. If a man that lived for all these hours can find the value of a single hour, how about us who are still struggling to live for a minute?

Time is the most valuable resource in the universe. Time is what makes us live and for everything to happen, there must be time. All over the human history, many have contributed to how effectiveness in time management can be achieved. They came up with the idea of years, months, weeks, days, hours, minutes, seconds, microseconds, etc. A year simply means the time taken by the earth to make one revolution around the sun.

A month measures how long it takes for the moon to complete a cycle around the earth. The rest of the units have also got their origin of what they mean.

All these advance as the need for humans to manage their activities arises. Because we are so familiar with these units, we confuse them with the real nature of time. Yes, they measure time and cause our different activities have a mutual scene but these units are never time. These are units of measuring time but real-time resides inside us. Are you confused about how this is possible? Do you believe that time is different in different people's lives?

This is how; considering two people in the same place but with different perceptions; let us say two students at the birth room, one is inside bathing and another outside waiting. One outside utters, "hey, you hurry up and finish please, I don't have time to waste". The other gives a gentle reply, "okay be patient for two minutes". Do you realize, according to these two people, two minutes are theoretically equal but completely different in real life? The time is rolling very fast on the life of a person bathing but ticks too slow to the one waiting.

Another way to bring out this concept of time is by considering your own life. How long is a week when you're suffering? Then, how long is a week when you're joyful? To summarize the idea, miserable people live longer than happy people. This may sound like a funny conclusion but it holds new logic of understanding time and never wasting it again. I hope now, we have realized how our life is made up of time. When we are idle, time is too slow, when we are busy in life, time moves faster. The latter is the best state to be in, this is what makes us utilize our time. Being busy doesn't only apply to working 24/7, but also being happy with others and ourselves. All the little time

we have luckily got should be dedicated to only things which build us.

Time is wasted when expended for nonproductive work. What could you do with the time you wasted if it was refunded to you now? I know you would use it to fix some of the loopholes in your life. But the question is, who is going to give you back something you wasted on your own? Of course, nobody can, even if you didn't intend to waste it. This question should be invalid in our life next time. The answer should be, I didn't waste time because it is irreversible and no one can manage to give me back the time I wasted.

A few of the things we must negotiate with if we want to utilize time are;

- Negative thinking.
- Carrying the grudge.
- Social media.
- Forcing relationships.
- Alcoholism.
- Oversleeping.
- Living in past or future.
- Overeating.
- Over planning.
- Attending unnecessary functions.
- Gossiping.
- Too much Praying.
- Useless comparison with others. Name them.....the list is extensive.

During youth, everything seems to be in plenty on our side; so we tend not to care about what to achieve within a specific period. We play around thinking that our youthfulness is more durable but it is not. The next stage of life is a serious one, it needs us to utilize very well all the chances, opportunities and energy. Our exciting period is soon expiring; we should not joke with it. Because our bodies are a combination of energy and time, using more of our energies yields more achievements in a short time. We should invest our time in

preparing strategies and building strong foundations for our old age. Your brain is now fully developed, your body has not yet broken down, why not maximize this chance? Answer this question through actions. It is easier to manage ourselves than to manage time.

If the time has passed, let it pass, don't cling to it, stick to the present.

Main points from this part:

- Complaining against time wastes more time.
- You will never get the time you had. Use the time you have knowing that it is irreversible.
- One who wastes time wastes life. One who utilizes time builds life.
- Years, months, weeks, days, hours, etc., are just units of measuring time. Real-time resides inside us.
- If we gained nothing from wasting time the other day, why should we waste it today? Be wise!
- Our chance of existence is beyond our imagination but death is compulsory to us all. Let us spend our limited time on what is productive.
- Time is the most valuable resource in the universe.

"We live amid plenty but always seem to want more. We feel that we do not have enough time, and yet we waste the precious time we have on video games, text messaging, reading about lives of celebrities, or earning more money to buy things we don't need." Karl Pillemer.

MISTAKE EIGHTEEN:

EQUATING SCHOOL CERTIFICATE TO ACHIEVING EVERYTHING IN LIFE

"Formal education will make you a living, self-education will make you a fortune" Jim Rohn.

Ignorance and illiteracy are a big threat in the present society; the two are fought down by educating children of the world. We live in societies where a wise and insightful parent eats leftovers and wears rugs for the sake of a child's education. Thanks to our parents! They tell us that education is the light to the world and nothing we can become without studying, they add more brume by narrating live examples of suffering and regretful people who refused education. The people who exterminated a chance they once had by neglecting their books and pens, the majority are yearning for a backward time journey, to study again and fully utilize the lost chance but as we earlier discussed time, it is completely impossible to reverse what has already passed. However, a tiny percentage made it in life following a school dropout.

That is how our guardians, parents and caretakers encourage us to keep in lane. They smash our eyes with successful people, people that are helpful in our communities, like doctors, teachers, engineers, name them. These are considered to be successful in most societies, though they also do worship some other humans.

But, after the whole world has been taught how to read and write, shaped into respective career settings, will all people be successful? Shall it be the end of ignorance? One answer "NO" satisfies both questions. The illiterate and ignorant will be those that shall not be able to learn more after school graduation, unlearn the trash and learn the necessary. School education remains crucial because it brings light to the darkened communities, though it doesn't teach us everything. It gives far little knowledge regarding how to live a life everyone deserves.

Many of the formal education courses focus on shaping you into a very good employee. Thus, attaining a degree or a certificate should not be misunderstood as making it in life. Yes, you may think you have made it to some level but the round world never resembles four walls of the classroom. The four rooms of the classroom cannot give us enough experience on how to handle outside life in the roughly spherical world. Real-life is very extensive and it requires thinking outside the schoolyard.

School exams measure intelligence but life tests measure and require wisdom. It is thus prudent not to take yourself high because you are intelligent or lower yourself because you are not gifted with school memory. Everyone should be humble and have respect for one another, help fellows today in the field you are in as a master, tomorrow you may be a slave to them. Who knows?!

Earlier on, during my childhood, the teachers used to tell us how education is the key to success but it seems it was partly motivational and partly true. A key without a padlock is useless, and it doesn't qualify to be a key; meaning that after attaining a school certificate, the world does not open for all your desires and needs. Real struggle and life education switch on; even when you get your dream job, the excitement seems to be extreme at first but shrinks upon acclimatization. Beyond school education, it is self-education that allows us to draw our life outlines of interest. Those who educate themselves learn what they only need, love and treasure. This enables self-education lovers to make padlocks that will directly fit their keys. In order for school education to earn you a fortune, it must go beyond reading, writing, or waiting for the job. Education that bears the fruit of prosperity is diving into more understanding of what fits your life to nurture it until it expires.

Life is too short to learn everything we want but it can allow us to learn all that we need to live a quality life. As we educate ourselves, we should be careful about false knowledge because, in long run, ignorance is better than it. Only those interested in self-education and learning outside school easily get diverse ideas in the outside world and ways to approach perturbing circumstances encountered. The

current world is full of learning centers for the population to acquire knowledge, teach some children what is against their interests. All this can be reversed through self-education.

However, it is school education that gives you a first step towards entering the world of literacy. This gives us a chance to open doors for self-education and learn what we need to build a life we prefer. Don't focus on learning what you expect someone to ask you, focus on what will help you move a step in real life.

Main points from this part:

- School education does not fill us with the knowledge needed for real life. Self-education performs better here.
- Educating yourself is easy and cheap, but surprisingly it is too awarding because you teach yourself only what you need.
- Intelligence and memory should not be confused to be one. Intelligence is better but life wisdom is the best.
- School exams measure intelligence, life tests wisdom.
- Learning what is essential is as important as unlearning the nonsense.
- A school qualification alone cannot open the locked padlock.
- Educate yourself, you will get ideas and solutions for the real world with ease.

"Self-education is, I firmly believe, the only function of a school is to make self-education easier; failing that, it does nothing" Isaac Asimov.

MISTAKE NINETEEN:

INVESTING IN WHAT YOU DON'T KNOW

"Don't invest in what you don't understand, do your research first." Paul Clitheroe.

When we imagine investing, we most presumably as well think of earning a profit in return. Investing doesn't only pertain to money, but also energy and time. Since we are making a speech in this century whose customary basis is cash, the involvement to talk about foremost is money; as financial investments turn out to be most crucial concerning attaining a habitation.

Nobody aspires to start an enterprise that won't amass incomes, no man ever intends to relinquish harvests. Thinking of investment to make huge sums of money in future encourages man to toil with all his knowledge, eagerness, attitude and efforts not to make losses in the business.

The robust blueprints and footings set upon the future withstanding even in periods of surges and tempests; - all these come effectively by bringing in research and analysis of the epics of what you want to invest in, in advance. The stronger the basis built, the more distinguished that business will turn out to be in future. The more knowledge you have about something, the lesser are your chances of blundering. Yet, waiting to gain full knowledge about something may take more time than we dwell on this living and loving planet. We should not wait to learn it all to start but we should also not commence without any insight. So, how much knowledge is required for a good start?

The knowledge enough for beginning is sufficient to sustain you if you keep learning every day. Choosing a startup by identifying the significant foundations of what we plan to subsidize, not a mere throw of our little money on unpredictable opportunities, is performing a favor to ourselves. Establishing a satisfactory start supports the succeeding improvements in the business. Neither do not wait to learn

it all nor start without learning anything at all; the crucial knowledge of the start sets the proper corridor for forthcoming achievement, the rest is comprehended along the way, after the beginning.

When it comes to money, here everyone should be thorough about where to ingrain it; this shouts for a necessity to rationalize our decisions contemplating where our money and time should go. How we resolve before the start determines how we shall treat the journey. The world is full of masters of persuasion, manipulation and deception but we should never fall in as scapegoats.

There are so many distractions from the external world but it is how we shape our inner world that determines our victories. Organizing our inner entities into a state where our minds are ready for a start is also considered to be part of understanding the nature of an investment. Doubting about the knowledge we could be having holds us undecided and stranded at the junction, we should not fear to start.

We have not started until something that signifies the start has been done. Fear of losses is the worst fear, love for profit is the best motivation. Those who doubt themselves about when to start waste more time, the basic knowledge that pushes us to start allows us to learn from our experience following the onset. Being part of our investments creates a bond that holds us and where our money, time and efforts are being applied.

Those who begin work without any knowledge will always curse the unfriendliness of what they are doing but those who have had knowledge about their businesses find it less tiresome and more rewarding.

We have got enough resources around us, enough for us to earn a fortune; all it takes is changing our thinking and ways we perceive the world, later to get started. The same earth our ancestors dug clay and made pots hundreds and thousands of years ago, it is still the same earth that modern humans extract matter to make artificial intelligence technologies. This highlights how much resources we have within our environment but are discovered after investing in thinking before action. There is that given gift within us, and I believe everyone can

earn a fortune from an investment of interest provided we get to know and understand what to invest in.

Main points from this part:

- Investing without any knowledge makes the walkthrough sticky.
- You are not likely to experience failures when you invest in what you know.
- Don't wait to learn it all to start, but also don't start without any knowledge. Begin with some knowledge and learn more every day after the start from your experiences and other sources.
- Knowledge about something reduces energy and time to be used.

"Every successful business professional I know is constantly learning, reading, growing in their field" - Rachel Hollis.

MISTAKE TWENTY:

HAVING NEGATIVE THOUGHTS

"We are shaped by our thoughts; we become what we think, when the mind is pure, joy flows like a shadow that never leaves." Anonymous

Negative thoughts are cognitive intuitions we put on ourselves, others or society in general that are characterized by pessimistic perceptions, anticipations, and attributes, are associated with undesirable enthusiasms and reluctant behavioral, physiological, and health outcomes. Negative thinking is a thought system where people incline to find the worst in everything or lessen their motives by supposing the worst possible scenarios. The opposite strategy would be positive thinking, approaching situations or circumstances with an optimistic attitude. We carry so much in our heads, far greater than what the external world perceives towards us. Minds are a home of beautiful and destructive ideas, negative and positive thoughts; a mind is a residency for top secrecy. What we have in mind, nobody can retrieve it without our consent.

The familiar concept that; *we become what we consistently think about*, is correct and has been very evident in (I guess) my and your life. We have all got authority over what goes on in our minds; that is why it becomes possible for us to choose how we want to shape our lives.

Nobody knows what the other thinks about until someone discloses but even on divulgence, the picture of our mind entities does not come out as real. A person intending to harm you can sit and eat with you at the same table and you don't notice.

The thoughts are very powerful to the extent that the quality of thoughts you have daily, with time, determines the kind of life you end up living. Carrying positive thoughts gives us a higher quality life, full of hard-working to succeed, curiosity to gain knowledge and wisdom, hanging out with a good company to build ourselves and others, etc. Doing something means you previously thought about it,

what you finally do is what presents to the world a small constitution of your thoughts. Therefore, continuous positivity in daily life presents a pleasant being. It is thinking that builds us into a new version of ourselves; I guess most of us like the latest version of gadgets, apps, vehicles and other material things.

People cherish the latest version because of new desirable improvements and features upgraded. We verge to disregard that even ourselves can also be upgraded into the latest version; this is done by boosting our thinking. This world is built on the justification of people's thoughts, hence thinking changes the world. Though, at times world changes our thinking.

Fruitful thoughts shape our inner and extraneous realm better. Looking at how positive thoughts are an added block towards world transform, we realize that negative thoughts take us no farther, they only lag us behind into a world of misery and suffering. When sterile notions invade space for positive impressions, that is when the world begins to see us as negative people. We may hide our invisible negative thoughts inside but as time passes by, these thoughts will model us into their visible outcomes, the whole world shall see.

Continuously holding on to unhealthy thinking cannot yield success in any way. Do you see a need to deal off with negative thoughts? This time no more guessing, I know you see it. Yeah, that squeaks fantastic to have constructive thoughts dominating our day-to-day life. The human brain is incapable of multitasking. This explains why the same person cannot think both negatively and positively at the same time, if one tries to do it, then one thought slides off quickly after the other but the two never settle in one head at the indistinguishable time. To eliminate a negative thought, it must be replaced with a positive one and make sure that there is a consistency in attachment to the latter. Getting rid of a negative thought without any substitution keeps inspiring the expelled to return and take over its vacant position.

The fact that a thought is invisible, disclosing it to our trusted people appears to be an easy way to attempt tracing the progress inside our minds. Letting out a thought earlier saves us from encountering

the consequences or motivates us not to give up. At moments, the thoughts are contradictory and catch us in the trap, this is an opportunity to explore and find out which one is the best. A no thought is better than a negative one. The effects of our thoughts are always accountable to us; we can let anything enter our ears but we should be selective on what enters into our minds because those are stimuli of actions. Shape thoughts, shape life. Deal off with toleration of anything that will lead you into negative thinking, take care of your thinking; think optimistically, hopefully, and see all the good and success in you. The universe will answer according to how you think daily. Thoughts built previous generations; it is the favorable time to think right to shape our future and entire human destiny.

Main points from this part:

- Never tolerate a negative thought, one day these negative thoughts we hide from others will outsmart us, bring us down and it will be too late to get up again.
- What we continuously think finally gives society an outline of what dominates our minds.
- Replace negative thoughts with positive ones. Don't just get rid of it, it is likely to keep coming back if its space remains unoccupied.
- Positive thoughts build us; negative thoughts destroy us.
- An invisible confused mind gives a visible confused person. Better organize the mind to organize your thoughts.
- Don't wait for an ill-thought to out master you, ignore it as early as possible.

"A positive attitude causes a chain reaction of positive thoughts, events and outcomes. It is a catalyst and it sparks extraordinary results." Wade Boggs.

MISTAKE TWENTY-ONE:

PRAYING WITHOUT WORKING & FAILURE TO PLAN FOR YOURSELF

"Let the favor of the Lord our God be upon us, and establish the work of our hands upon us; yes, establish the work of our hands!" **Psalm 90:17**

What this Biblical teaching implies about work: Work is tough, and we require God's assistance to get good yields. Eventually, God will work out his intents through our work.

A lazy and unattached young man without any side income agendas to build a house in the next eight months, buy a car after another two months and marry his girlfriend a year from now. He neither bothers to start up an enterprise generating little income nor does he hope to get a job. All he was told by the pastor is that "with God, everything is possible, with a prayer, life is a successful one." He believes in wonders and miracles. "I know God is working on my plan, I pray every day; I don't miss submitting my plans to Him every morning and evening." This is what he converses with colleagues whenever they ask him about what plan he holds for his coming times. He adds, "He is the one who helped me grow up to this exciting stage of life, I believe nothing fails Him. By the way, I forgot uttering to you how He did wonders to my brother's friend who had applied for a 250$ job in a small company but was given one for 1700$ in another big company he applied in, more than 4 years ago." When friends try to advise him that God blesses one who works through the addition of a blessing to his sweat, the lazy man speaks angrily at them and continues sleeping like a dead sheep. He says to them, "God is in all places and shines to everyone. What if he asked you your plan in the dream overnight? This is why I have got my big plans already to handle over in case He asks".

A lazy man ties himself to a misunderstanding of prayer and by the time he realizes that a handful effort must be pressed on, time is

too late for him. He begins cursing God for not answering his prayers and now resorts to cults and witch doctors. Neither has he found instant gratification. A motto of St. Benedict was *"Ora et labora."* The Latin phrase with a moderately catchy accent translates as the authority, "Pray and work." This straightforward small sentence carries with its numerous feasible elements to the virtuous and material life.

The principle followed by Benedictines to this day is not "pray or work." It's "pray and work." The human being needs both for completeness of religious and physical temperament. Prayer is a humbling practice, for in it the one praying admits indebtedness or a need for intervention to a being more powerful than himself, the Almighty is outstanding.

Prayer is a means of communication, an outpouring from creature to Creator and vice versa. It permits the mortal spirit to open up and admit guilt to the longings or pains which ponder down one's endurance to a benevolent God who wants nothing but the nicest for you. If one puts up with his faith awfully, then at one time or another he will indeed question it.

In an attempt to crave and establish a certain precise order towards overcoming the expected and uncalled for consequences, we cannot detach ourselves from what our ancestors did that made them succeed. We first arrange our thoughts, opinions, and ideas, about what we want to achieve; coming up with designated strategies and proper plans before doing work causes formwork nourishment even before we place our hands-on.

Getting your time into planning sights out the simpler and quick flow of work. In many ancient societies, work and prayers were a daily compartment held together by glue; this advanced more following the expansion of religions especially Christianity and Islam. Work without prayer yields sweet fruits, a prayer without corporal labor is next to nothing.

If we are to look at prayer with no belief systems bound, it might seem fictional and time-wasting. But because of beliefs, we feel more confident even when prayer works without divine intervention. Yes,

it is possible, a prayer in most cases works without supreme intervention. Telling yourself and God every morning and evening builds hopeful and optimistic life outcasts that keeps you positive and focused in all that you do. Though it may not be distinctive to all of us.

We all know that hard work and commitment is the route to victory, but the route isn't eternally straightforward or definitely open. This is just an aspect of life, but the Bible is here to lead the way and inspire us during the harshest moments. God wants us to thrive in all aspects of our lives, and he gave us the tools, talents, and gifts to do just that. It's easy to forget sometimes, but these Bible verses about hard work are clear hints that the Lord is always there, standing by our side.

Psalm 128:2

"You shall eat the fruit of the labor of your hands; you shall be blessed, and it shall be well with you."

The important note here is; God rewards those who work hard, and that can come in a diversity of manners. But if you proceed to put in a substantial struggle ethic, you warrant whatever is an outcome.

God created humanity to work alongside him. Our work fills the earth with good things: products and services, proficiency and elegance, institutions and societies, and honor for God.

Solomon spit a lot of wisdom about work and prayer in Ecclesiastes 3:12-13. *"I know that nothing is better for them than to rejoice, and to do good in their lives, and also that every man should eat and drink and enjoy the good of all his labor—it is the gift of God."* Solomon, who was deemed the wisest man on earth, understood that a comfortable existence comprised of rejoicing in God, doing good, and celebrating the gifts of labor. Yet, how often do we find ourselves dissatisfy? Spend a few quiet moments in prayer, asking the Lord to help you find joy and contentment in your work. Let go of earthly inclinations that barely leave you empty. Rejoice in the Lord, do good, and enjoy the fruits of your labor.

Thick work is perpetually beneficial in some way. It manufactures your identity, your bank account, and your reputation.

But when you're one of those people who always make plans but never actually do anything about them, you will never prosper just because of a prayer alone.

2 Thessalonians 3:10-12

"For even when we were with you, we would give you this command: If anyone is not willing to work, let him not eat. For we hear that some among you walk in idleness, not busy at work, but busybodies. Now, such persons, we command and encourage in the Lord Jesus Christ to do their work quietly and to earn their living."

Main points from this part

- The Bible recommends hard work. Prayer alone will yield nothing for you.
- What we call a blessing is when an opportunity meets a worthy person. To be prepared for a blessing means doing something where a blessing will rain.
- Someone doesn't pray but still succeeds. Another person prays without working and ends up as a failure. Work and pray, it is a spiritual balance of physical work and success.
- Even when God does not answer your prayers, a prayer is a daily personal motivation that keeps you hopeful and optimistic.
- While working, have faith and hope for the best.
- God assigned work to man. Every man must work provided he wants to live.
- God loves those who work hard to meet their life needs. Lazy people are a problem to the community even when they are good at praying.

"If you don't design your life plan, chances are you will fall into someone else's plan. And guess what they have planned for you?" - Unknown.

MISTAKE TWENTY-TWO:

DISRESPECTING A PARENT

"Spend time with your parents, treat them well, because one day, when you look up from your phone, they won't be there anymore." Anonymous.

Infants have got innate rooting and suckling reflexes, that influence them to put their thumbs or fingers into mouths. Because thumb sucking makes babies feel secure, some babies might eventually acquire a habit of thumb sucking when they need alleviating or going to sleep.

When we are worried, we also in most cases find something to bite on but this time not our fingers because that appears too naive. Putting arms of eyeglasses, pen, or any other object into the mouth occurs at a subconscious level. This is an extremely powerful contemplation of a mother's affection and it justifies why babies who never suckled a mother's breast seldom or don't do this. This is an indication of parents' love that never is lost to sight.

Talking of who we are now, material things we possess, comrades we have, our intuition towards ourselves and the community, personality and behavior etc.; without awarding a distinguished credit to our parents, is a great humiliation. Whether full orphan, half orphan and even privileged, son or daughter; parents remain the basis of our life. No matter the situation we or our parents are in, someone who cared for you during early days of helplessness is your small god. Brought into this world as helpless little beings, by then unable to think on our own; but by all means, our parents struggled for our development, did a tremendous and priceless contribution towards upbringing. We were taught the basics of life; these people deserve a gift we cannot manage to give.

As we grow up, we begin to detach from our parents and pave a route for self-sufficiency. We seek for what fits our desires and needs for life; develop thoughts on our own, and new ideas to shape

our life. Yet at times, our perspectives crush with parents'. We have already developed a new way of looking at things (may or may not be good), according to parents. They pity us immediately we begin to swerve off the truck and sit with us to discuss issues likely to perturb our tomorrow. These differences in perceptions are what brings disagreements between a father and son, we at times go against what they see as important and constructive.

Parents hold a greater familiarity of life than we do, respecting what they say in most cases is a good way to go though not all that applied in their lives can fit into ours without any remodeling. We should always respect them because of their wisdom, we know ourselves better but remember we were watched while still young when we could not hide our behaviors. They brought us to this precious age which they too experienced during their times.

We are a new generation, different from our parents' because a lot has changed in this world between the two generations. However, this change may seem to be wide but when traced back to human modes of life, the difference diminishes. This small change doesn't have much to do with biological and emotional differences. What we experience due to biological changes inside us, is an acquired experience already in their hands. They experienced most of what we struggle with inside us.

When an older son becomes anti-parent, the younger son with a respect for a parent inherits the other's title. Coming closer and having a serious developmental talk with our parents bridges any emerging difference by reaching a point of consensus before situations are out of hand on our side. If you want to trust something to lean on, then a word of a parent is a prominent one.

It is hard to reconcile usually if the process of the break up was a harsh one, both me and you or a friend could already be on bad terms with a parent but I want to ascertain you that it is never late to ask for forgiveness where you could have gone wrong. This is possible because you're lucky that your parent is still living. It is embarrassing and a lifetime of tears for a parent's body to leave a child while still in disputes.

Let's use a chance to gain a lot from parents by giving them what they deserve, and take care never to hurt them. Parents feel happy when they see us growing into a promising generation that shall build society and maintain family stature. This gives them joy inside their hearts, it assures them of an added block on society. A family is started by parents but sustained by children. Real family is what remains after both parents are no more, it is when the world confirms its quality.

Main points from this part:

- When an angry parent is wrong, don't argue to challenge him/her at that moment.
- Our parents encountered most of what we are standing up against, take care of their words because behind lies the experience.
- Never certify a disagreement with a parent to go far.
- Reconcile with your parents as soon as you realize that you are against their motives.
- A foolish child waits to see incense of respecting parents when they are no more.
- What makes a parent happy most is seeing sons and daughters becoming a great block to improve family stature and society at large.

"Your parents give you many things in a lifetime, most of which you will not appreciate until way after they are gone." Unknown.

MISTAKE TWENTY-THREE:

TRYING TO PLEASE EVERYONE

"Everyone is a moon and has a dark side which he never shows to anybody" Mark Twain

We showed up in this world knowing nobody. This is very true. Those we found in existence did not know us, including our mothers. Yes, your mother did not know what she was carrying for about nine months. The little she knew was that there's someone inside waiting to be delivered when the right time reaches. Immediately after being introduced to the new world, slowly we started associating with the strange but valuable members of our common species.

The world is enormous, full of millions of people but each with a unique configuration inside. As we grow and undertake interactions with several people, it is the power of human social behavior behind our motives. We get to make friends that hold and build us, comfort our souls, though at times faking care happens, but it remains a great pleasure to hold on others' shoulders while still here on earth.

In the same world, we do disagree because of that already mentioned "unique inside" that presents different perceptions and make our preferences slide over.

Above all, whether enemies or friends, all people we have in life were once strangers. It is impossible to understand people just like they can't understand us fully. What makes them unique brands them differently; the little we know about them is what they choose or feel we should know about them. What we see are the physical bodies, their words are a choice but never retrieve the reality. We play games on others, a game I may say could be part of human nature though we try to harmonize with it.

In his book, *The 18 laws of human nature,* Robert Greene gives an insightful view about human behavior and one I found most amazing regarding this chapter is *The Law of Compulsive Behavior*

Law: People never do something just once. They will inevitably repeat their bad behavior. Train yourself to look deep within people and see their character. Always gravitate toward those who display signs of strength, and avoid the many toxic types out there.

We hang out so often with what we call friends, we don't know how they exactly feel about us; a real friend doesn't only do hangout physically but also even inside the mind. We may or may not know who are the true companions, are they pretenders or they are a real deal? It counts when we get to know that not all we please are pleased and not all we love feel loved. Know your people!

Some folks induce happiness wherever they go, others whenever they go. We are interested in many that are never interested in us; contrary, others may also be attracted to us but we are not interested in them. These are daily games people play.

From chapter seventeen, I believe we learned the value of time. We should never waste our time on people who don't value it. Don't force yourself people in the name of making them like or love you. Rather be alone and hustle your way than squeezing yourself into imaginary people.

If we knew how our time and resources are limited, we would only concentrate on people that matter to us. Right people are not seasonal in life, they are always there, no matter the situation. Right people plant seeds with you, pretenders appear at harvest time, the worst who deserve good dump in the next second are those appearing at the dinning just to eat fruits of your sweat and after leave, never to be traced.

Insisting on to wrong people leaves us dragged into a desolate state after the strings attached have been cut. Trying to please everybody, puts life on the verge next to unnecessary and meaningless disappointments.

We neglect our own and force ourselves on to those whose interests are a mile away to meet ours. Focus on those that love you, these are the people to strengthen bonds with, don't take them for granted, the people that spare their time to ask how we are feeling, are a great deal, they deserve attention, make them stay.

It will be unfortunate for someone to find himself lonely when there was a time when he once clenched to countless and unworthy colleagues. Be wise while choosing who to include in your inner circle.

The inner circle members are those that you hope to protect you when a storm comes. Are the people in your inner circle of that kind? If not, better conscript for their reassessment. Do your people give excuses when you need them or they try their level best to meet solutions for your challenges? A single true friend matters more than many double-dealers. Friends participate in our journeys and determine the destination. This is a silent reminder that while choosing a friend, you also choose your destination. Don't hesitate to annul those that terminate amidst the journey.

Main points from this part:

- Don't spend your time on people who don't value it.
- Our life is already dwarfish; we should not waste it on people who don't even matter to us.
- Trying to please everybody will soon make you lonely.
- Better have few people that mean something. The number of friends doesn't mean a lot; it is their significance to us that's momentous.
- Choose your inner circle wisely, because it will impact you abundantly.
- What people tell us about themselves is what they feel we should know about them. Don't fully trust their words, trust what they do.
- Give vigilance to those that give you helpful attention. Don't and never ignore them. They are a great deal.

"You can't please everyone. The best thing you can do is just to believe in yourself and do what is right for you." Anonymous.

MISTAKE TWENTY-FOUR:

MARRYING A WRONG PERSON

"If you marry the wrong person for the wrong reasons, then no matter how hard you work, it's never going to work, because then you have to completely change yourself, completely change them, completely- by that time, you're both dead." Anne Bancroft.

Finding true love isn't a smooth undertaking. Flirtatiousness, dating, love-making, walking in together, and then asking friends and family to rejoice in your union, whistles like a straightforward journey, but is it? There are generous ways to get it untrue.

Throughout the human civilization era, a family has been regarded as the small social unit in a society, small but big in terms of its contribution; It is the basis for societal development where children are born, natured to grow into a sensible generation. Credit goes to family heads.

When man and woman agree to marry each other with a shared intention of producing children, from there we begin to see the continuity of humanity. Another generation is initiated that way. Different forms of marriages exist, Customary Marriage, traditional marriage, Religious Wedding, & Civil Wedding. Even if there are more other unmentionables, the quality of marriage is based on a heart-to-heart agreement between two people. People throw-away rings, others burn marriage certificates but the two linked by heart-to-heart agreement sustain a stable marriage.

People wear "masks". People present a contrary of what they are. It is nearer to ridiculous for a person to find another of interest with a synonymous spirit. No self conforms to the sentiments of the other in this world, this is why one of the two or both should adjust the incompatibilities and merge into a consensus.

No two marital members live in a free disagreement situation. Those we may see to be in a stable alliance, always fire burns inside only that it doesn't spread into the neighborhood. There's a popular

coincidence of a calm individual walking down the aisle with a stubborn and crazy one or vice versa into marriage.

In courtship, we withhold bad individualities and virtues, all that we do is meant to forge a certain level of morality in a bond. The courtship is the basis of marriage; how long you take to carefully understand someone will determine the quality of marriage, even children to be born shall live according to this courtship.

Courtship is supposed to be a period of extremely heightened consciousness and reasoning. Getting blind in this period will force your sight open up amidst a disgusting and turmoil marriage; courtship is the juncture to critically analyze the hidden true colors in your love. It doesn't make sense to run after glittering current materials whose expiry is very soon. You will always meet people better than your loved one, even when you run after those that seem to be better on first scenery, later on, you still find others who are better. Maturity is realizing that contentment is the best way to a stable relationship. Being driven by beauty or riches at the first sight is not all that bad but failure to use the brain later, is the worst.

A marriage partner determines your success in the entire world. When seeking marriage material, you are secretly on a seek for your success determinant. Getting enough preparation gives room for clarity and justifiable decision making; everything needs time! Better take years preparing for a better and everlasting marriage strategy than rushing within months and divorce after months.

A wrong partner is a burden to carry and I believe this is what we cannot afford to do every day, every month, every year. A wrong person will give you a terrible family, incorporating big role-playing in children's feat and behaviors. However, finding a perfect partner remains a mutual goal though impossible to achieve, but finding less a burden is better off.

Main points from this part:

- A person you marry determines your success; but before marriage, it is your success that determines a person to marry.
- What happens in courtship won't go on forever after stepping into marriage. It is a process of cooling and smoothening food before chewing it.
- Marriage is a heart to heart agreement. A ring and certificate configure on that.
- You will never find an ideal companion, but look for one whose different perceptions will effortlessly achieve your oneness.
- Marrying the wrong person carries divorce nearer to the gate.

"The pain of marrying a wrong person is worse than your present fear of getting too old before marriage. Take note of that." Anonymous.

MISTAKE TWENTY-FIVE:

OVER PROCRASTINATION

"What is not started today is never finished tomorrow." Johann Wolfgang Von Goethe.

Procrastination is the action of unnecessarily and willingly delaying or postponing something despite knowing and understanding that there will be negative consequences of doing so. Reasonable time for preparations before starting on something gives an equipment of more knowledge and personal set up to minimize setbacks after the go. We spend much time thinking about how, where, when or even what to do with a certain activity. But as we delay to get set, time does not cease whirling; literally, ageing is wobbling behind us as we move towards the grave. Thanks to those that do it at the right moment. No thanks to procrastinators. The tendency to push present work to the future is a lazy man's daily and stinky habit, this habit never yields success except succeeding in building false confidence.

We tend to postpone because of need for competence to commence, low self-esteem, and fear of the after-start. A person living a life of procrastination frees up the present but piles more load on the future. With every day put off, we wrap ourselves with chains of laziness and nothing will be done until we start. Waiting for when the conditions for start will be favorable is not probable since we cannot tell what may happen in the future. The world never acts our way of wish, it is us to act towards what we want and in which form that our comfort shall lie; don't fear to start because you fear to fail, it is through doing something that we get to master it following learning from helpful mistakes.

The challenges we fear to encounter upon the start are usually melted by the start buttons in us. Waiting for the sunshine to light your button! The sunshine might be too far and you don't have to wait for it for a decade. Try creating by yourself a candle that will light your way, the natural light finds you along the way.

If people stopped working because of the darkness, the world would be very many years behind the current one. Start earlier on time, you will never be overwhelmed by large storms of tasks beyond your handling power.

A student procrastinating every day, he keeps the assignments and struggles on the deadline; he gives books a blind eye and wakes up suddenly towards the examination period. I guess me and you belong or once belonged to this category. This is a soothing hint that pushing today's responsibilities to another day to fake a rest, will catch us in the “hard to get out” trap. For any moment we decide to do it tomorrow without inevitable reason for not doing it today, it remains undone and piles more on top of something else supposed to be done too. It is you tasking yourself to overwork beyond your limit the following day.

No one does what you extend, it is you to do it. Keep it, you keep it for yourself and do it, you do it for yourself. In any case, why should we sleep day and night to stay awake day and night? Do everything at the right time! Procrastination is overcome by assigning ourselves specific tasks to follow strictly on our scheduled timetables. This forces us to do things on time, and also remind us whenever procrastination bangs.

At times, the work may seem enormous thus lowers our motivation to begin, breaking it down into small chunks is a good idea. I felt too down before I started jotting down a single letter towards making of this book but after dividing it into simple parts got the hefty task melted down and each day became a motivation. Procrastination of work directly means walking away from success. Starting means stepping into a path leading to success. Don't go by "it's never late to start." If you don't start on time, it will be too late to start.

Main points from this part

- Procrastination makes you free in the present but accumulates more load to the future.

- One who lives a life of daily procrastination shall at one moment become too busy to live.
- The biggest limitations to start are what we impose on ourselves by procrastination.
- Assign yourself specific tasks and follow a strict schedule. This way, you will get rid of procrastination always.

"Do not put your work off till tomorrow and the day after; for a sluggish worker does not fill the barn, nor one who puts off his work: industry makes work go well, but a man who puts off work is always at hand-grips with ruin." Hesiod

CONCLUSION:

YOUR YOUTH IS YOUR FUTURE

If you gain consciousness about how your youth is perishable, you will never misinterpret it for immortality again. It is a hundred percent true that our youth is incredibly mortal.

The entire life itself is mortal.

Our childhood was mortal; this explains why we did not remain children eternally.

We cannot remain youth forever.

Be conscious of your mortality to plan for immortality.

Be grateful for every day sunrise and sunset.

Be proud for who you're,

You're the center of your life,

There is no other you in this world,

Your youth is a stage in life not a destiny,

I repeat that, your youth is extremely perishable,

Utilize your youth,

Your youth is the foundation of old age,

Your energies diminish as you grow,

Utilize your energies by building yourself,

Most old people regret their wasted youth,

You have knowledge and wisdom,

Don't mess up like a fool,

Youth is a period of discovery,

Youth is a period of learning,

Youth is between worst and best,

Your destination in future will depend on the route you take now!

Take a path that will end you in a blissful destiny,

The day you were born, your grave was also born,

Each day that passes brings you closer to that grave,

The grave stays in one position if you don't mess up with life,

Messing up, brings the grave closer,

Keep focused,
Be brave,
Be wise,
Be time conscious,
Think about what helps you,

We are still growing; let's focus on what grows us.

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ABOUT THE AUTHOR

NUWE MWOROZI, the author of MORTAL YOUTH, is a son to **Mrs. Tusingwire Eddie** and **Lt. Bekunda William Kiiza,** born in Kazo, greater Kiruhuura district, western Uganda - East Africa. The author is a curious person in nature and sweethearts thinking as an amusement. Nuwe Mworozi is also a social thinker and he is a very inquisitive person who is ever on the seek for reality.

He studied from St. Kagwa Bushenyi High school (2014 - 2017), attended A'level from Ntare School (2018 - 2019), joined Mbarara University of science and technology as a Bachelor of medical laboratory science student in 2021.

SPECIAL APPRECIATION.

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